



## MINISTER'S NEW OFFICE HOURS

Tuesdays 2-5 pm  
Wednesdays 9 am-Noon  
Thursdays 2-5 pm

Appointments are encouraged.

## COME JOIN US! UPCOMING SERVICES AND EVENTS

See our calendar on page 6, or visit [www.uucob.org](http://www.uucob.org) for the most up-to-date information.

### 1/6 The Present Age *Rev. Patricia Guthmann Haresch*

"A Revolutionary Age is an age of action; the present age is an age of advertisement, or an age of publicity: nothing happens, but there is instant publicity about it."  
(Soren Kierkegaard)

Back in college in the '80s, Rev. Pat remembers reading Soren Kierkegaard's *The Present Age*. Even though it was written by a philosopher living in Denmark in 1846, the critique of his own times in many ways was just as spot on and descriptive of the 20th century Western culture Pat found herself in.

Kierkegaard pined for the days of passionate revolutions (hmmm, like the 1960s for some?) and mourned over what seemed to be a time of complacency and intellectual aerobics without passion. In this first message of the year, Pat will consider the present age we find ourselves in. As we go forward in 2008, how do we see societal trends and attitudes impacting us and how might we impact the times?

### 1/13 Is there Life after Death *Reverend Richard Batzler*

UUCOB friend, Reverend Batzler, will discuss the concepts of life after death in the major religions; parapsychological research on the subjects; and anecdotes (or examples) of the afterlife from personal and professional experiences. Dick has been involved in research, writing, teaching and ministering in thanatology - dying, death, life after death, suicide and grief for 50 years throughout the nation, and a few times in Canada and Scotland.

### 1/20 The New Year of the Trees: Tu Bishvat

*Rev. Patricia Guthmann Haresch*  
*Intergenerational Service*

The celebration of Tu Bishvat, the Jewish New Year of the Trees, has waxed and waned over the years. In the 16th century,

Jewish mystics invigorated the festival by composing a Tu Bishvat seder based upon the Passover seder. This seder has been re-discovered and adapted by contemporary Jews who connect its themes with ecological concerns and service to the world.

Participate in a Tu Bishvat seder during the morning service. For the seder bring fruits and nuts to share that have hard outer shells and soft or otherwise edible insides, fruits with pits, or fully edible fruits (such as seedless grapes or strawberries).

Readers of all ages are invited to contact Pat if you are interested in being one of the readers during the seder (UUCOB Office: 261-2801; [minister@uucob.org](mailto:minister@uucob.org)).

To continue the celebration, anyone is invited to bring snacks or desserts made with fruits and/or nuts to share following the service.

### 1/27 Reduce: Recycle: Reuse *Discussion Sunday*

Dare produces a heap of trash, throwing away more garbage per person than any other North Carolina county annually, according to the state Department of Environment and Natural Resources. The county of about 32,000 also receives an estimated 5 million visitors each year. And while the garbage rate is high, so too is the recycling rate. Dare recycles more per person than any other county in the state.

In the 2007 summer season, Hatteras Recycles' service diverted 30 tons of recyclable bottles, cans (glass, plastic & aluminum), cardboard and newspaper from area landfills. Join Hatteras Recyclers for a discussion on how all of us can contribute to recycling.

<http://hatterasrecycle.com/>



## FROM THE MINISTER

*Rev Pat Guthmann Haresch*

We Unitarian Universalists often refer to our Seven Principles found most easily at the front of our hymnals and on the UUA website. For the most part they form whatever common ground we UUs stand on.

They are values we tend to hold personally and interpersonally within the life of the congregation and as we live and move within the greater community.

The first three state that we affirm and promote:

1 - The inherent worth and dignity of every person; 2 - Justice, equity and compassion in human relations; 3 - Acceptance of one another and encouragement to spiritual growth in our congregations

Living these values isn't always as easy as we would like it to be.

I recall an old friend of mine suggesting that I look up a family at the UU congregation in the new town I was moving to. He shared memories of how this family and his were once so close when their children of similar ages were smaller and best of friends, but then something happened. This other family became UU while my friend and his wife remained more main line Christian. As new UUs, this other couple became quite negative about what they had rejected and felt they could now entirely leave Christianity behind them.

This new attitude of negativity and superiority began to form a wedge that eventually split the two

families. They hadn't talked to each other in years.

This story highlights the shadow side of our apparent open minded, accepting, and welcoming affirmations.

It is so liberating to find a congregation that will finally proclaim that we will be accepted as we are.

But, are there exceptions?

Richard Trudeau, a UU minister, notes on the website for the New Massachusetts Universalist Convention that "Many members of UU congregations are intolerant of Christianity. . . Most of them are traumatized former Christians.

What they have in common is that they are angry at Christianity, and they are angry at Christianity because they have been hurt by it. . . We loudly preach tolerance, while regularly appearing to be intolerant of North America's principal religion.

We brag about our openness to world religions, but often give the impression that we don't recognize Christianity as a world religion. Widespread UU intolerance of Christianity is a wound at the heart of our movement. We are failing to live up to our own principles."

Living up to our own principles isn't as easy as we would like it to be.

In the Fall of 2005, UUCOB's Ministerial Search Committee conducted a congregational survey in which members and friends identified themselves as ethical religionists, Humanists, naturalistic theists, ethical Christians, agnostics, mystics

and Pagans. If we were to survey the congregation today, we might discover even more descriptions. For such a small group, we are quite diverse theologically and spiritually.

In his Nobel Prize speech, Martin Luther King, Jr. proclaimed:

*"We have inherited a big house, a great "world house" in which we have to live together - black and white, Easterners and Westerners, Gentiles and Jews, Catholics and Protestants, Moslem and Hindu, a family unduly separated in ideas, culture, and interests who, because we can never again live without each other, must learn, somehow, in this one big world, to live with each other."*

Within the diversity of our own small Meetinghouse and the greater community, may we remember our own values of respect, equity, compassion, and acceptance. As we enter the new year, instead of just trying "to live with each other" because we have to, may ours be a community of open minds and hearts, where dialog and the sharing of our lives' journeys is a rich feast of discovery and wisdom. Where we may be both respected and affirmed, while being challenged to broaden our minds and grow. May this be so whether we are theists, agnostics, atheists, Humanists, Pagans, Christians, Jews, Buddhists, Other, prefer no label, or undecided.

From my childhood minister:

***May peace dwell in our hearts  
And understanding in our  
minds***

***May courage steel our wills,  
And Love. . . forever guide us.***

(Arthur Foote II, adapted)



## FROM THE PRESIDENT

*Fran Green*

### ***Happy New Year to everyone!***

As the New Year begins we have a new face on our Board of Directors.

Last summer, following the annual meeting, we had an unexpected opening on the board for a Secretary to fill a term expiring in June 2008. Megan Dillon stepped up to the plate and agreed to serve in that position. After the first few meetings Megan started classes at COA. This meant a change of priorities for her and it became more and more difficult for her to make it to the meetings without cutting class. Other board members (Joan Liston and Laura Gilson) filled in by taking minutes at the meetings. At our December meeting, Nancy Byrne was appointed to fill the position for the balance of our fiscal year. THANK YOU NANCY!

Nancy has been an active member of UUCOB for 6 years. You probably know her as our pianist in past years. I have asked Nancy to write an article for this month's column as a way of introducing herself to everyone. Even those of us who have known Nancy for some time, will likely learn something new about her.



You may not know that for my 50th birthday, I decided to give myself the gift of joining UUCOB. It was a lovely event for me. My husband, Charlie, and daughter Jenny came with a birthday cake to share with the congregation to celebrate. UUCOB provides me a place to share my values, and to create and participate in rituals which acknowledge the gifts of life, and challenges me to open my mind and my heart to a broader perspective through the many folks I meet there. I am so glad I joined!

I have two beautiful daughters, Jenny, 28, who lives in Richmond, Va and Carey, 24, who lives in New Orleans. Interestingly, both sets of grandparents, wise and wonderful, are living, in their mid 80's, in Williamsburg and in Pennsylvania. What a gift!



I grew up in Pennsylvania, in the heart of Amish country, went to two one room schools with the Amish, in Intercourse, Pa, where my father was the town doctor. Having horses, goats, sheep, cats, dogs, a garden, 4 sisters and one grandmother, it was a great way to grow up in that little town with the Dr's office right in our house.

I live in Point Harbor, on a 14 foot elevation overlooking the sound. My favorite place to live is walking distance from the ocean, where I love to walk on the cusp of the day to the ocean to experience all that movement of the wind and water. Point Harbor is quiet though, and a great place for gardening, lying in the grass (no sand spurs), and having fires.

My massage clients appreciate the quiet there too.

I have been practicing massage and bodywork for 8 years, having previously been a nurse. Working with the body-mind connection fascinates me, and I love helping people to learn about their bodies, to develop freedom, awareness, and fluidity, and acceptance, to feel better in and about themselves.

The experience of singing with Rising Wave, the new a cappella women's singing group, has given me loads of joy this year. I do love to sing!

A lover of nature, and moving around in the out of doors, I need time reveling in the fresh air and sunshine, or storm.what ever. The world constantly fascinates me. I never tire of wondering and learning how it works, and experiencing it.

## SHARED SPACE REMINDER:

Each week we share our RE building with the Heron Pond Montessori School. From time to time there are issues that arise that can create conflict. Often these issues involve items being moved or items that go missing. Sometimes they involve unsafe conditions. We try and address these matters when they arise but to some extent they reflect issues that seem to naturally happen when space is shared, as anyone with a spouse, partner or child can understand. So, what can we do about this? Let us remember that these spaces are shared and that it requires a bit more effort on everyone's part to be respectful of that fact. If you move it, put it back where you found it. Parents, please, if your children leave RE with a toy you don't recognize, make certain that it is something that is suppose to be taken. RE teachers, please do double checks of the space before you leave to ensure that everything is back in its proper place. Sextons, it wouldn't hurt to do a walkthrough of the RE building before locking the door. Thanks for your cooperation. We do want to be good neighbors so I will be sharing this message with the Heron Pond staff.

### *An Open Letter to all Parents*

As you know, we're now offering childcare for infants, toddlers and younger children who are unable to sit quietly during the service. Elena Jaramillo will be available each Sunday, starting about 10:15 am, in the nursery.

You are invited to bring your child into the nursery. However, please keep in mind that we do have adult to child ratios which must be met.

These ratios are as follows:

- 1 adult per 3 children under the age of three
- 1 adult per 5 children between the ages of three and five
- 1 adult per 10 children over the age of five

Optimally, I would like to be able to recruit one extra pair of hands each Sunday to help Elena, however, I've been unable to do this. So, when you go to drop off your child, please make sure that these ratios will not be exceeded and/or that Elena doesn't already have her hands full. If she already has enough children in her care, please stay with your child to help.

The other option would be for the parents of young children to organize a rotation among themselves, so there will always be an extra person with Elena each Sunday.

Thanks for your help in this matter and thanks for helping us to ensure that our children will be well attended. If you have any questions or comments, please don't hesitate to contact me!

Respectfully,

Monika Lupean, RE Director

(252)261-2251 e-mail: [msslupean@gmail.com](mailto:msslupean@gmail.com)

## REVIEW OF OUR UU PRINCIPLES & PURPOSES

*3 Workshops Led by Rev. Pat Sundays, January 6, 13, 20, 12:15-1:30 pm*

How many of us will turn to the Unitarian Universalist Association's (UUA) Principles & Purposes (P&P's) found in the front of our hymnal and on the website ([www.uua.org](http://www.uua.org)) when we are asked, "What do UUs believe in?" You may or may not be encouraged to learn that the Bylaws of the Unitarian Universalist Association mandates a periodic review of our P&P's. In 2006, the UUA's Commission on Appraisal launched this review.

As part of the process, the Commission has invited UU congregations to have workshops and discussions regarding the P&P's and send comments back to the Commission which they will be accepting into January of 2008.

During the 3 workshops, learn more about the history of the Commission on Appraisal and the P&P's, discover the sections which do not appear in the hymnal, and come ready to dialogue with others about what you value about the current P&P's and the ways in which you may feel they are limited or could be modified. Then be a part of shaping the future direction of the UUA when our comments are sent off to the Commission on Appraisal.

We are currently looking into providing childcare for the three sessions. Those who attend are encouraged to bring lunch or snacks for yourself and to share if you wish.

## FROM THE BOARD

### December 2007 Board Meeting Action Items

1. The Board approved the appointment of Nancy Byrne to serve as Secretary for the remainder of the fiscal year. Megan Dillon has been unable to attend meetings because of conflicts with her studies at College of the Albemarle.

2. Dennis Tromba will find a replacement for the monthly cleaning service since the person who has been doing it has not come since October and has not been able to be contacted.

3. After a demonstration by Susan Lawrence of the Churchhand Database, the decision was made to discontinue this subscription for now. The database needs an administrator to dedicate time to maintenance of the system. The information collected by survey

earlier this year will be used to create a spreadsheet/directory that can be emailed or printed for members and friends.

4. Dennis Tromba volunteered to serve as the board representative to the Nominating Committee. An opening on the Long Range Planning Committee needs to be filled. A congregational meeting will be called to vote on the nominee in the very near future since this is a Committee of the Congregation rather than a Committee of the Board.

*A complete copy of the meeting minutes, committee reports and associated documentation are posted in the office at UUCOB.*

## UUCOB LONG RANGE PLANNING

Conversations in Long Range Planning can be very broad or very specific. It is possible to have too many questions and too many possible answers. So the LRP Committee has been having a conversation about what conversations we should have. Not just the big questions like who we are, who do we want to be, and how do we get there. But clarifying questions about what we most need to learn about. In the meeting held in December, we brainstormed and the list below shows some of the responses.

1. What do our congregation members want us to focus on for planning?
2. Why do people come or don't come on Sunday Morning?
3. Why do people drop out or not come back?
4. What/Who out there in the OB Community is attracted to UUism?
5. What opportunities (or responsibilities) exist in filling the social

- and spiritual needs of adults/teens? Both within UUCOB and in the broader community?
6. What does it mean to be a Unitarian Universalist on the Outer Banks? Particularly since we are one of very few liberal faith communities here?
7. What can we do about volunteer burnout? How can more people get involved?
8. What additional programs/services/educations, opportunities, passages should we offer?
9. What about Liberal Christians? How can we provide a home for them?
10. Same question as #9 but substitute another particular spiritual path?
11. Review internal demographics; have we changed since the survey taken in preparation for the ministerial search?
12. If you could change one thing about UUCOB, what would it be?

13. How do we provide an engaging and welcoming path for newcomers to become friends leading to becoming pledging friends and then members?
14. Do we need or want to grow in membership/size?
15. Do we need more staff? Who or what would it be? (Administrative, FT Minister, RE, etc.)
16. Do we have adequate space for RE – and if not, what do we do about it?

Remember these questions are a result of brainstorming. The list is not final nor is it complete. Even so, the questions above are not easy ones. And certainly there are no easy answers, which is why the LRP Committee will focus on research and conversation the next six months. You can look forward to providing your thoughts on these and other questions through small group discussions, town hall meetings and surveys. YOU are important to our Future together.

*Nancy Proctor*

*Chair, Long Range Planning Committee*

# JANUARY 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Discussion Sunday: Resonance Repatterning	+ADD 31 Minister Out of Office - Holiday	1 9a Weight Watchers 5p Weight Watchers	+ADD 2 10a Grocery Delivery 4p Dare County Literacy Council	+ADD 3 2p Minister's Office Hours	+ADD 4	+ADD 5 9:30a Edenton UU Discussion Group
6 "The Present Age" Rev Pat 12p Discussion led by Pat to Review UU Practices and Purposes.	+ADD 7 7p Edenton Discussion Group	+ADD 8 9a Weight Watchers 2p Minister's Office Hours 5p Weight Watchers	+ADD 9 8a Men's Group 9a Minister's Office Hours 4p Dare County Literacy Council	+ADD 10 2p Long Range Planning Committee 2p Minister's Office Hours	+ADD 11 6p The Outer Banks Peace Meditation Group	+ADD 12
13 Reverend Richard Batzler, Is there Life after Death 11:45a Reception and talk by Claudia Jones on January exhibit from SeaTree Gallery	+ADD 14 12p Discussion led by Pat to Review UU Practices and Purposes.	+ADD 15 9a Weight Watchers 2p Minister's Office Hours 5p Weight Watchers	+ADD 16 9a Minister's Office Hours 4p Dare County Literacy Council	+ADD 17 2p Minister's Office Hours	+ADD 18 7:30p Jewish Service	+ADD 19 9:30a Edenton UU Discussion Group
20 Tu Bishvat Rev Pat Intergenerational 12p Discussion led by Pat to Review UU Practices and Purposes.	+ADD 21 Jan 21 Martin Luther King Day 7p Edenton Discussion Group	+ADD 22 January 22 TU BISH'VAT 9a Weight Watchers 2p Minister's Office Hours 5p Weight Watchers	+ADD 23 8a Men's Group 9a Minister's Office Hours 4p Dare County Literacy Council 6:30p Drumming	+ADD 24 2p Minister's Office Hours	+ADD 25	+ADD 26
27 Discussion Sunday: Reduce: Recycle: Reuse 12p Monthly Art Show Reception and Discussion	+ADD 28	+ADD 29 9a Weight Watchers 2p Minister's Office Hours 5p Weight Watchers	+ADD 30 9a Minister's Office Hours 4p Dare County Literacy Council	+ADD 31 2p Minister's Office Hours	+ADD 1	+ADD 2 9:30a Edenton UU Discussion Group

## LUNCH WITH PAT

**Tuesday, January 8 Noon to 1:30 pm at UUCOB**

**BYO: Lunch & Beverage**

You are invited to join Rev. Pat, our minister, and other UUCOB members and friends (generally a group of around 8) for lunch, socializing, and conversation.

In December, we discussed whether it is possible to be a mystic and rational. The topic led us down many wonderful paths.

In January, we will be discussing Animals and Spirituality. How have connections with and observations of animals impacted you? Have animals ever served as your teachers or healers? Feel free to share any readings or summaries of articles on this topic with the group.

The playground will be in use by the Montessori school. Accordingly, the porch and Minister's Office may be available for supervised play. Anyone interested in a cooperative playgroup and/or finding a sitter together may contact Rev. Pat at UUCOB (261-2801).

The first Sunday of each month is **Food Pantry Sunday**, so please remember to bring a donation of non-perishable unopened foods, personal items or paper products. Your contribution supports UUCOB's local social action!



The Beach Food Pantry, a non-profit volunteer corporation, is a financially healthy and efficiently-run organization serving Dare County resident families that are referred for nutritional needs. During 2005 their well-established network helped feed 1,970 individuals in 742 households.

## RESPECT, DIGNITY & EMAILS

President of the UUCOB Board, Fran Green and Rev. Pat would like to highlight some suggestions regarding email use published this past year in "InterConnections," a newsletter for UU lay leaders.

The article cited situations in which people began to use words that probably would not be used in a face-to-face conversation. It was noted that increasingly email "allows situations to escalate to a much higher level than they would normally."

Deborah Weiner, the Unitarian Universalist Association's director of electronic communication states in the article "email is great for arranging meetings, but not for dealing with complex issues or mediating disputes. Email can easily be misinterpreted because it's impossible to show nuance."

The following are some recommendations to consider with regard to email use:

- In a congregational setting, email serves best to make announcements, send notices, attachments, and helpful weblinks, provide simple instructions and make brief informative comments regarding congregational

business. More complex discussions are best conducted by phone or face-to-face.

- If you're responding to an emotional situation, weigh carefully and sit on your response before taking appropriate action.

- In emotional or conflict prone situations, a phone call or face to face conversations will more often than not be most effective in deescalating a situation.

- Remember that once you send an email you lose all control of it; it can be copied, sent to others, and quoted out of context even years later.

- Never say anything about someone in an email that you wouldn't want that person to see. If someone wants to have an email conversation about someone else or a complicated issue, invite them to meet with you in person.

At the heart of these recommendations are the same sorts of sentiments found in our UUCOB Covenant of Behavior adopted at the last Annual meeting. Namely, to treat one another with simple respect and dignity and approach the person with whom we are in conflict.

May these be helpful reminders as we move forward this coming year and share together in the life of UUCOB.

## UUS IN THE NEWS

- Nick Hodsdon was featured as a soloist and played the psaltery and guitar during the Senior Chorus of the Outer Banks' holiday concert series.

- Uriah Evans (son of Laura Evans-Desmidt) was one of the Indians in the cast of Theatre of Dare's production of the musical Peter Pan.

### ***There are now three ways you can volunteer to be a greeter or a sexton for a Sunday service:***

1) Use the sign-up sheet on the bulletin board at the rear of the meetinghouse; 2) sign-up online by responding to occasional email invitations; or 3) simply tell, call or email Bob Green at 453-3955 or oceansands@charter.net

## UUCOB CAROLERS

Thanks to Janice Lane who said to just go for it and see who would come out and sing and then to all the carolers of all ages who responded to the call and sang their hearts out together at the OBX Hospital and Britthaven on Tuesday, December 18.

Clint Betz

Ethan Gilbreath

Pat & Will Haresch

Boyce & Mary Blanche Harwell

Braden, Christine & Haley Heard

Janice Lane

Monika & Samuel Lupean

Sawyer Sanchez

Carol Slayton

Layout & Editor: Susan Lawrence  
Assistant Editor: Joan Liston  
To have something included in the  
newsletter, please email it to  
susan@boldprintdesign.com

Our meeting house is located at the corner  
of Kitty Hawk Road and Herbert Perry Road.  
It is one mile west of Highway 158 at about  
milepost 4.

**COME JOIN US!**

All services are held at 10:30 am. The last  
Sunday of the month is devoted to topic dis-  
cussions. Everyone is welcomed to attend  
these services and light refreshments will be  
served.

A program is provided for older children  
and childcare is available for the youngest.

## SUNDAY PROGRAMS

*We, the member congregations of the  
Unitarian Universalist Association,  
covenant to affirm and promote:*

The inherent worth and dignity of  
every person;  
Justice, equity and compassion in  
human relations;  
Acceptance of one another and  
encouragement to spiritual growth in our  
congregations;  
A free and responsible search for  
truth and meaning;  
The right of conscience and the use of  
the democratic process within our  
congregations and in society at large;  
The goal of world community with  
peace, liberty, and justice for all;  
Respect for the interdependent web of  
all existence of which we are a part.

## OUR PRINCIPLES



P.O. Box 1006  
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*The mission of the  
Unitarian Universalist  
Congregation  
of the Outer Banks  
is to be a focal point  
of enlightenment,  
enriching our spiritual  
lives and enhancing  
the quality of life  
in our community.*