



OUTER BANKS
Celebrating 20 Years!

UUCOB News

MAY 2007



May 6 "Forgiveness: Releasing the Dragon"

Rev. Pat Guthmann Haresch

Sometimes it can take so little to be hurt or hurt someone else. We may even build a wall of protection around a hurt that makes it more and more difficult to dismantle over the years. Everett Worthington who has researched forgiveness and endured coming to terms with his own mother's murder, likens unforgiveness to a dragon protecting a hoard. Join Rev. Pat in considering how we might transform this hurtful hoard into a treasure.

upcoming Sunday Services

May 13 "Companioning" (Dare County Hospice and Respite Care)

Discussion Sunday featuring Fran from Dare County Hospice and Renate from Dare Respite Care

May 20 "Grace: In Praise of the Unexpected"

Rev. Pat Guthmann Haresch

Last summer, Rev. Pat offered a sermon of choice to the highest UUCOB bidder during the annual Service Auction. Dennis Tromba was the top bidder and asked Pat to speak about "Grace." Different people may define and experience Grace differently. Usually that which enters in and changes our lives dramatically, even forever, is something unexpected and beyond our control. We don't always appreciate and understand these changes to be the gifts that they are or at least not right away. Rev. Pat will reflect upon being receptive to Grace, to these topsy turvy moments of surprise. Rev. Pat will be offering a sermon again in the upcoming Service Auction. Perhaps you will be the lucky bidder next time.

May 27 "Flower Communion"

Intergenerational Service led by Laura Gilson

The Flower communion service was created by Norbert Capek, who founded the Unitarian Church in Czechoslovakia. He introduced this special service to that church on June 4, 1923.

People were asked to bring a flower of their choice, either from their own gardens, or from the field or roadside. When they arrived at church a large vase stood waiting in the vestibule, and each person was asked to place their own flower in the vase. This signified that it was by their own free will they

joined with the others. The vase that contained all the flowers was a symbol of the united church fellowship.

Two young attendants helped with the arrangement of the bouquet. Later they carried the vase up to the front of the auditorium and placed it on a table there. Dr. Capek then said a prayer, after which he walked over and consecrated the flowers while the congregation stood. The two attendants then took the vase back out into the vestibule.

After the service, as people left the church, they went to the vase and each took a flower from the vase other than the one that they had brought. The significance of the flower communion is that as no two flowers are alike, so no two people are alike, yet each has a contribution to make. Together the different flowers form a beautiful bouquet. Our common bouquet would not be the same without the unique addition of each individual flower, and thus it is with our church community, it would not be the same without each and every one of us. Thus this service is a statement of our community.

By exchanging flowers, we show our willingness to walk together in our Search for truth, disregarding all that might divide us. Each person takes home a flower brought by someone else - thus symbolizing our shared celebration in community. This communion of sharing is essential to a free people of a free religion.



from the Minister

"Never doubt that a small group of thoughtful, committed citizens can change the world, indeed it's the only thing that ever has."
(Margaret Mead)

"Love cannot remain by itself - it has no meaning. Love has to be put into action and that action is service." (Mother Teresa)

"I am only one, but still I am one. I cannot do everything, but still I can do something. And because I cannot do everything, I will not refuse to do the something that I can do."
(Edward Everett Hale)

Sentiments like these weave around our UU hymnal, gatherings, and discussions. They relate to what I truly believe and am committed to. That if we are just for ourselves, who are we really for? Alone, I will do what I can do to walk gently and minimize my ecological footprint on this Earth. Do what I can to help heal a hurting world. Yet, as a member of a dedicated and thoughtful community there is so much more that can be accomplished.

Individually, UUCOB members and friends provide great service to our community and the greater world. However, just think what we might be able to accomplish together? We have been generous givers to charitable and service organizations, but might there be more we can do together in direct service and initiatives?

Unfortunately, "social action" groups and initiatives in congregations often stir up conflict, contention, hurt and angry feelings. Initiatives may be seen as partisan, guilt provoking rather than inspirational, seeking to represent the whole church without honoring a diversity of opinion, uncompromising in trying to quickly move ahead with specific action before adequate background information has been communicated.

Part of my personal goal as a UU minister is to seek theologically, spiritually, and ethically grounded ways for UU congregations to pursue service to the greater community constructively together. To do so in a way that will build and support the beloved community and interdependent web of life of which we are a part. Often I have been frustrated in my efforts. Yet, I am hopeful.

Hope has come in several ways. The fact that several at UUCOB are asking, "what more can we do?" "If we sat down and talked together, what might we learn from each other in this work of greater service?" There is hope in the form of the many community organizations that can be found in the Outer Banks and the variety of initiatives found on UU websites (such as www.uusc.org, <http://uuministry-forearth.org>, www25.uua.org/uuawo). There is hope in the fact that religious communities across many spectrums are becoming concerned and outspoken about environmental crises and stewardship. I also found hope when I discovered UU minister, Dick Gilbert's book, *The Prophetic Imperative* and attended a workshop of his.

Currently travelling the country providing workshops and consulting, Rev. Dr. Richard S. Gilbert, a birthright Universalist and self-described religious humanist, was ordained in 1961, the year Unitarians and Universalists merged into the Unitarian Universalist Association (UUA). Gilbert served UU churches in Cleveland, OH and Ithaca, NY, where he was also UU chaplain at Cornell University and Ithaca College. Among his many contributions to the UUA, for 32 years he was senior minister of the First Unitarian Church of Rochester, NY, known for its long tradition of social activism.



Gilbert suggests the UU movement is "under a prophetic imperative" that "has to do with a compulsion of conscience, personal and corporate, a sense of urgency to live out the ethical implications of [our] faith." Social responsibility is seen as "intrinsically related to the religious quest." "Our spiritual values must express themselves in the world of powers and principalities." In his book and workshops, Gilbert provides tips and models for congregations to effectively unite in community service.

Beginning Sunday May 6, I will be offering three sessions on Congregational Community Outreach:

Sunday, May 6, Noon-1:30 pm

Foundations and Models for Congregational Action from Dick Gilbert

Sunday, May 20, Noon-1:30 pm

More Models and Initiatives from the UUA

Sunday, June 10, Noon-1:30 pm

Going Forward at UUCOB

Feel free to bring a bag lunch or potluck item to share. Please contact me at the Church Office (261-2801) to RSVP as it will be helpful to know the numbers attending each session. Also, please let me know if you are interested in childcare.

I look forward to the dialogue. -
Rev. Pat

"Love is the doctrine of this church, the quest of truth is its sacrament, and service is its prayer." (arranged by L. Griswold Williams)

from the President

As the end of our fiscal year approaches on June 30, the UUCOB administration will be abuzz with year-end activity. On June 3rd we will have our Annual Meeting, at which time UUCOB members approve last year's meeting minutes and vote on the budget and leadership positions.

And speaking of voting on leadership positions, the time has come for me to announce that my name will not be on the ballot for another term for president.

This was not a sudden decision, nor was it an easy decision. I so enjoy knowing all of you and I have learned so much about myself over the last year that I served as president. It has been a true honor to serve you and to have been supported by you.

Ultimately what made my decision is my need to pursue some new career options. I will likely be working or going to school in the fall of 2007 as

first steps to the next career in my life. My next career is as yet undecided, but I'll keep you posted when options become more clear.

We will have several new faces in UUCOB leadership starting our new fiscal year. My hope is that the new and the returning faces of leadership will find the administration to be comfortable, supportive and relatively organized.

Do you have an interest in leadership or specific aspects of UUCOB? Now would be a great time to talk a board member or to Pat about your interest.

There will be more information about the Annual Meeting and other year-end buzz in the newsletter and via email and other announcements.

See you Sunday,
Jennifer Gilbreath



UU's in our Community

~*~ Christopher Brennan, age 12, was mentioned in the news this month for his recent academic achievement. He was selected last fall by Duke University to participate in a Talent Identification Program, and to take the SAT test as a seventh grader. Chris studied hard and took the test, and scored higher than 50% of the area's graduating high school seniors who also took the test!

Chris will be honored later this month at a ceremony and reception at East Carolina State University where he will walk the stage, shake hands with dignitaries, and receive a medalion for this accomplishment.

~*~ You may have seen Nick Hodson's photo in the news as a cast member in "Wanchese, the Musical" last performed as part of the first annual Land of Beginnings Festival.

~*~ Local news featured a piano potpourri performed by Nancy Byrne and two other artists in March.

~*~ Newspapers and television stations covered the community-wide candlelight service and vigil led by Janice Lane in the beginning of April in honor and remembrance of her niece and another teenager tragically killed in a car accident in Virginia Beach.

We invite you to submit news about other UU's noted for doing good works in the community or arts. Email local news to susan@boldprintdesign.com.

Did you know? From 1810 to 1933, all Harvard presidents were Unitarians!

Harvard University became nationally great under Charles W. Eliot and then grew internationally notable thanks to the leadership of Lawrence Lowell. Today, Harvard is repeatedly cited as the most esteemed university in the world.

LUNCH WITH PAT

Tuesday, 5/8 Noon to 1:30 PM
UUCOB Meeting House
Bring Your Own Lunch and Beverage

You are invited to join Pat, our minister and other UUCOB members and friends for lunch, socializing, and conversation. Last time we discussed concepts of the Ultimate and many related topics.

In May we will discuss prayer and meditation. Do you pray or have another meditative practice? What does it mean to you? What does it mean to others? What other topics might we wish to explore in future sessions?

The playground will not be available as the Montessori school will be in session. However, the porch and Minister's Office may be available for supervised play. Any interested in a cooperative playgroup, may contact Rev. Pat Haresch at minister@uucob.org & church phone - 261-2801.

COVENANT OF BEHAVIOR

UUCOB, like all organizations, experiences conflict. In 2005, the Board of Directors thought it necessary to address conflict in our church community.

In early 2006, a two-day workshop was led by a well-trained UU facilitator to discuss conflict in our church community. The focus was on how to manage conflict in a respectful and healthy way. Approximately 12 members attended the workshop, resulting in the development of both a Conflict Management Policy and Covenant of Behavior.

The Board implemented the Conflict Management Policy in April of 2006. A copy is posted in the office.

The Covenant of Behavior is not a policy per se and is not implemented by the Board of Directors. Rather, it is a promise of how we as individuals will behave toward each other. A draft of the covenant has been posted in the office and, periodically, in the sanctuary.

At the Annual Meeting June 3, UUCOB members will vote on the acceptance of this Covenant of Behavior. Please take some time to consider how important this promise is for our community.

As always, thank you for your support.

Jennifer Gilbreath

COVENANT OF BEHAVIOR

As members and friends of the UUCOB, we agree to use our UUA principles as a foundation and covenant together to:

- Treat one another with simple respect and dignity
- Respect one another's beliefs while voicing our own
- Express appreciation for one another
- Approach the person with whom we are in conflict and try to come to a compromise
- Listen for understanding, especially when disagreeing
- Consider the emotional and physical comfort and safety of others while sharing spaces
- Be a good steward of our resources-time, money, materials, buildings and grounds
- Respect the mission of the church and those serving on the board and committees.

Fiscal Update from the Treasurer

As we approach the year's end we are trying to keep balanced tabs on our financial records. Please help by checking on your current pledge, current meaning the year we're in now, and see if you are about paid up. A few are behind and it would help the church if you could bring the pledge up-to-date. If you have circumstances or adjustments that the Finance Committee or Treasurer need to know about, please call Melissa McCarter at 441-5455 or Chuck Purser at 216-9119.

The canvas for the next fiscal year starting in July

2007 is nearing the end and we would like to hear from everyone who has not yet responded. All members need to respond to maintain active membership status. So far we have pledges from 31 households representing 41 people totaling \$28,785. This is as of April 20, 2007. We will need about \$10,000 more to balance the preliminary budget without cutting committee requests.

Twenty-seven members have pledged so far and we have 45 listed as members.

There are enough remaining members and friends that have not responded who can make this a successful campaign. We need to hear from you so we can celebrate together at the annual meeting.



Unitarian Universalist Womenspirit 20th Anniversary Gathering & Institute May 16-20 at The Mountain Retreat & Learning Center, Highlands, NC

The Womenspirit Institute from Wednesday, May 16 to Friday, May 18 offers 60 women an intimate and intensive environment with a choice of tracks through which to explore life's journeys, joys, and experiences including meals and worship.

A variety of evening activities will also be offered. All will gather for meals and worship rituals.

The Womenspirit Gathering begins Friday evening, May 18 and ends Sunday, May 20 at noon. All day or two half day workshops are offered on Saturday including a variety of other activities. Groups meals, worship and special activities will continue to be offered. *For more information and registration go to UWomenspirit.org.*

notes from the Board

April 4, 2007

Previous Business:

New Membership Directory: Susan Lawrence presented an update on the electronic membership directory project. The account has been set up and she has been entering information. A log in password was mailed to board members so they could test the system. Susan asked board members to email her the names of any activity groups or interest groups. Susan will be meeting with Bob Green to coordinate using his survey method to populate the database.

Share the Plate: The board discussed current recipients. All but one were denominational or local. Recipients for May and June will be Hospice or Respite Care (possibly shared) and Carolina Estuarine Reserve Foundation (CERF). Decisions on guidelines for recipients

were deferred until the May meeting at which time the July recipient will be selected. Future selections will be the responsibility of the incoming board.

New Business

Social Action: The Rev. Pat Guthmann Haresch reported that she is considering scheduling the workshop on congregational models for social action for May 6, May 20, and June 10. The first session would be based on ideas of UU minister Dick Gilbert who suggests a focus on one or two key issues with study and congregational education before action. The second session would deal with UU initiatives already in place with the final session focusing on specific proposals to present to the board.

End of year tasks: Jennifer discussed the Annual Meeting and various board tasks that will need to be accomplished before the end of the fiscal year.

Administrative and Committee Reporting

Programs Committee: Nancy Proctor circulated a sign-up sheet and script for Board Member of the Day for Sunday services.

Buildings and Grounds: Dennis Tromba announced that he will be hosting a weekly post service work party to begin the many maintenance items that are needed each spring.

Communications: There was discussion regarding possibly increasing the number of pages in the newsletter. Rather than incur the increased financial and logistical costs of adding pages to the newsletter, Jennifer will be extracting the agenda and action items from the minutes for inclusion in the newsletter. The full minutes and reports will continue to be posted in the office at UUCOB.

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

How Does Rev. Pat Spend Her Time?

by the Committee on Ministry

Per contract, Rev. Pat is half time. In standard business terms that would be 20 hours a week. The Unitarian Universalist Association suggests that it may be more fitting to divide a religious professional's time into units. A unit being either the morning, an afternoon or an evening, roughly 4 hours a piece.

Using units, half time would be 6 units or about 24 hours a week.

During a typical week, Pat provides three mornings of Office Hours, the equivalent of 9 hours or 3 units.

Congregants, lay leaders, and committees have utilized this

time for meetings, phone conferences, practicing music, check-ins, and pastoral visits. Pat has two monthly meetings in the community during part of Thursday's Office Hours (Dare County Minister's Association & Community Care Clinic of Dare Board). Pat also uses Office Hours to review mail and email, make phone calls and sometimes is even able to do some writing for such things as Sunday service preparation or newsletter submissions. Pat regularly attends two UUCOB gatherings per month outside of Office Hours, the UUCOB Board meeting (1 unit) and Lunch w/ Pat (1 unit including attendance and preparation).

Per contract, Pat leads the Sunday morning program at least two Sundays a month. Any Sunday that Pat leads the pro-

gram or attends is a unit or roughly 4 hours. Sermon and Sunday program preparation typically takes 5-8 hours, but sometimes more when Pat is performing music and/or for a special servicesuch as an intergenerational or holiday service. Accordingly, attending and preparing for Sunday mornings may be the equivalent of 9-12 hours (3 units) or more depending on the topic and program. Offerings after Sunday morning programs such as the Chats W/ Pat regarding Children's Religious Education, New Member Orientation, and the upcoming Community Service workshop generally total 1-2 units per offering combining attendance and preparation time.

Outside of Office Hours and regular monthly gatherings, Pat attends social and fundraising

events at UUCOB, open houses and informational meetings of community organizations on behalf of the congregation. She will also meet with congregants after Office Hours if more convenient. In the remaining units per contract and beyond, at home, Pat also responds to email, does some of her phoning and writing.

Per contract, Pat also annually gets 6 weeks of vacation time and personal days and 2 weeks professional leave. To date, she has taken two weeks vacation and 8 days professional leave.

Phew!!!! Does this sound like more than a half time position? Well, it is a challenge for Pat to keep her time within the bounds of a half time position.

obcuups corner

Drum Circle

Sunday, May 27th 6:00 PM - 7:00 PM

All are welcome to come drum and groove. We have new drums available for those who don't have any!

OBCUUPS rituals are open to all people and are child friendly. These rituals are considered sacred to the participants so we ask that all people-adults and children-please be respectful and well-behaved during the ceremony. Come, participate, have some fun and connect with spirit!



UUCOB's Peace Meditation Group of the Outer Banks

Friday, May 11 6-6:30 PM

We will meet and meditate silently to send energy, love and healing to Iraq. People of all spiritual paths, political parties and backgrounds are welcome to participate.

For further information or comments, e-mail Heather at: fensalir@charter.net or call 473-5698

May Peace Prevail on Earth

UUCOB Annual SERVICE AUCTION

We will offer international tapas, drinks and conversation while we bid via silent auction. We will also feature a LIVE AUCTION again this year! Childcare will be provided.

Check out these GREAT ITEMS that were available for bidding last year:

Two one-week Time Share Vacation from Fairfield Resorts
Two Bedroom Townhouse Rental in Chapel Hill

Gift Certificates to Penguin Isle Soundfront Restaurant, Mako Mike's, Chip's Wine and Beer University, Southern Bean Coffee, Tail of the Whale, Beach Ball Dance Hall, Harris Teeter and more.

A Beautiful Woven Handbag from Endless Possibilities and Unique Hand Painted Glassware and Hand Crafted Jewelry, Bags, Scarves, Aprons and other items

Day use of Kayaks, Fly-fishing and other Outings
Numerous Fun and Exciting Dinner Parties and Events

A Hand Crafted Outdoor Wooden Bench

Local Photographer Lori Cash and Bill Birkemeir's Framed Nature and Wildlife Photographs

A Private Wine Tasting for Ten at Native Vine Tasting Room
Delicious Homemade Edible Treats such as a "Triple Layer Chocolate Cake To Live For", Salsa, Marinara Sauce & More

A \$300 Gift Certificate to Bold Print Design Studio

Lessons! Learn something new: Private Yoga, Recorder, Guitar, Knitting, Crocheting or Hand-spinning Lessons

...and of course: Gardening, Babysitting, Hypnotherapy, Reflexology, Taxi Services, Bookkeeping, House Cleaning, Car Cleaning, Pet Sitting, and many other services donated by the hardworking folks at UUCOB!



Saturday, June 2, 7:00 pm

Contact Susan Lawrence (susan@boldprintdesign.com or 252-441-0581) with questions.

uucob calendar • may 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 <input type="checkbox"/> Thomas-- Jefferson District Annual Meeting, Glen Allen, VA ←-- <input type="checkbox"/> Canvass -- <input type="checkbox"/> Share the Plate: Hotline	30 <input type="checkbox"/> 9a Minister's Office Hours <input type="checkbox"/> 7:30p Al Anon	1 <input type="checkbox"/> 9a Weight Watchers <input type="checkbox"/> 6p Weight Watchers	2 <input type="checkbox"/> 9a Minister's Office Hours <input type="checkbox"/> 4p Dare County Literacy Council <input type="checkbox"/> 6:30p UUCOB Board Meeting	3 <input type="checkbox"/> 8a Minister's Out of Office - North Dare Ministers' Mtg <input type="checkbox"/> 10:30a Minister's Office Hours	4	5 <input type="checkbox"/> 9:30a Edenton UU Discussion Group
6 <input type="checkbox"/> Forgiveness: Releasing the Dragon - Rev. Pat Guthmann Haresch 	7 <input type="checkbox"/> 9a Minister's Office Hours <input type="checkbox"/> 7p Edenton Discussion Group <input type="checkbox"/> 7:30p Al Anon	8 <input type="checkbox"/> 9a Weight Watchers <input type="checkbox"/> 6p Weight Watchers	9 <input type="checkbox"/> 9a Minister's Office Hours <input type="checkbox"/> 4p Dare County Literacy Council	10 <input type="checkbox"/> 9a Minister's Office Hours	11 <input type="checkbox"/> 6p The Outer Banks Peace Meditation Group	12
13 <input type="checkbox"/> Discussion Sunday - Companionship (Dare County Hospice and Respite Care)	14 <input type="checkbox"/> 9a Minister's Office Hours <input type="checkbox"/> 7:30p Al Anon	15 <input type="checkbox"/> 9a Weight Watchers <input type="checkbox"/> 6p Weight Watchers	16 <input type="checkbox"/> 9a Minister's Office Hours <input type="checkbox"/> 4p Dare County Literacy Council	17 <input type="checkbox"/> 9a Minister's Office Hours	18 <input type="checkbox"/> 7:30p Jewish Service	19 <input type="checkbox"/> 9:30a Edenton UU Discussion Group
20 <input type="checkbox"/> Grace - Rev. Pat Guthmann Haresch <input type="checkbox"/> 6p CUUPs Annual Business Meeting	21 <input type="checkbox"/> 9a Minister's Office Hours <input type="checkbox"/> 7p Edenton Discussion Group <input type="checkbox"/> 7:30p Al Anon	22 <input type="checkbox"/> 9a Weight Watchers <input type="checkbox"/> 6p Weight Watchers	23 <input type="checkbox"/> 9a Minister's Office Hours <input type="checkbox"/> 4p Dare County Literacy Council	24 <input type="checkbox"/> 8:30a Minister's Out of Office - Community Care Clinic Board Meeting <input type="checkbox"/> 10:30a Minister's Office Hours	25	26
27 <input type="checkbox"/> Flower Communion Intergenerational <input type="checkbox"/> 12p Monthly Art Show Reception and Discussion <input type="checkbox"/> 6p CUUPs Drumming	28 <input type="checkbox"/> 9a Minister's Office Hours <input type="checkbox"/> 7:30p Al Anon	29 <input type="checkbox"/> 9a Weight Watchers <input type="checkbox"/> 6p Weight Watchers	30 <input type="checkbox"/> 9a Minister's Office Hours <input type="checkbox"/> 4p Dare County Literacy Council	31 <input type="checkbox"/> 9a Minister's Office Hours	1	2 <input type="checkbox"/> 9:30a Edenton UU Discussion Group <input type="checkbox"/> 6p SERVICE AUCTION!

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.

OUR PRINCIPLES

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.

Sunday Programs

All services are held at 10:30 am. The second Sunday of the month is devoted to topic discussions. 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.

Link your grocery discount cards for charity – even for uni

You can link your **Food Lion MVP cards** to benefit one of many local charities including the Food Pantry or even the **UU!** You can do this by visiting the following link: www.foodlion.com/ShopandShare

You can link your **Harris Teeter VIC card**, but only to a local school of your choice. The schools need all of the help they can get, so please choose one and link to it today! You can do this by visiting the following link: <https://www.harristeeter.com/default.aspx?pageId=32>

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.

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.

Newsletter Editor: Susan Lawrence

Assistant Editor: Joan Liston

To have something included in the newsletter, please email it to susan@boldprintdesign.com



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