

COME JOIN US! UPCOMING SERVICES AND EVENTS

See our calendar on page 6, or visit www.uucob.org for the most up-to-date information.



8/ 3 - Why We Do What We Do on Sundays – Part II - Rev. Pat Guthmann Haresch & Bob Green - On Sunday, July 6, Rev. Pat spoke about some of the ancient, uniquely Unitarian Universalist and UUCOB roots of our various Sunday morning customs. During the month of July, UUCOB members & friends were then asked to think about the typical service elements and some additional questions in the form of a survey. Rev. Pat and Bob Green, who lends his research expertise to UUCOB in various ways, will lead a discussion regarding what we do together during the hours of 10:30-11:30 am each Sunday morning. To prepare for the discussion, think about Sunday services in the past that have been most meaningful to you, services that have seemed to really draw the congregation together, what is most welcoming about our services to visitors, and how what we do together really exemplifies our Unitarian Universalist principles and purposes, our highest values and reasons for being here together.

8/10 - Four Poets and Their Lights (Donald Hall, Richard Wilbur, Maxine Kumin and Stanley Kunitz) - Sarah Munson - Were you introduced at a tender age to rhyme and lullaby? Did they catch your attention and bring it to bear on sources of sound, including musical sound, that continue to nourish your spirit? Sarah Munson will discuss author Jeanne Braham's "The Light Within the Light" that explores the lives of four contemporary poets and the sources of their poetic inspiration.

8/ 17 - Christianity, Islam, Judaism: Where Three Faiths Meet - Rev. Pat Guthmann Haresch - There are so many reasons to despair in the midst of unrest in the Middle East. However, some are working toward and find signs of hope. There is much work being done in the world to create a dialog of peace and under-

standing, especially among clergy, academics, and private citizens and organizations. Christianity, Islam & Judaism flow out of similar streams of history, culture, and ancient texts. Join Rev. Pat in exploring what is at the heart of these world traditions that perhaps if recalled and held up might be the common bonds that will help bring about peace to the Middle East.

8/24 - Music Experience and Experiment: - Nancy Byrne - Music affects all of us differently. It can change a mood, strike you dumb, make you crazy and irritable, or bore its way into our brains for days endlessly repeating a single run or jingle. It enhances most lives, adding significance to our days and memories. Do you remember a profound or spiritual musical experience? A time when you have been "struck" somehow by the power of music? Music occupies more areas of our brain than language does. Come prepared to share your experience and learn more about why music can do so much.

8/31 - The Death Penalty: A Story From Inside (Discussion Sunday) - Chris Conover - Outer Banks resident, Chris Conover, spent 18-1/2 years in prison for a double murder. Though dozens of people said that he was at a birthday party at the time of the murder, he was convicted on the basis of hair evidence and the testimony of a surviving victim who said Chris "resembled" one of the attackers. Chris was freed after DNA tests revealed the hair did not belong to him. He signed an Alford plea to avoid spending another full year in prison awaiting a new trial. He has yet to be fully exonerated by the system. On this special Discussion Sunday, Chris will share his story and views including the repeal of the death penalty, respond to questions and engage in discussion..



FROM THE MINISTER

Rev Pat Guthmann Haresch

Soon after I graduated from college I had the privilege of working with the minister of my youth, the late Rev. Dr. Roy Phillips, as the Coordinator of Adult Education Programs at my church in St. Paul, Minnesota. One of the perks of the job was that I read newsletters from UU congregations all over the United States. Even before I entertained the idea of being a minister, I started a file of great quotes from these newsletters, a loose leaf Bible of sorts. I mentioned something from this loose leaf Bible during the sermon on July 13, "Michael Servetus Died for Your Religious Freedom." It was a quote on heroes (#18 below) from psychotherapist and author Sheldon Kopp's "Eschatological Laundry List" in *If You Meet the Buddha on the Road, Kill Him* (1976).

I thought I might as well share the whole list with you. Almost any one of them would make a great bumper sticker or be worth putting on the refrigerator.

Enjoy, Rev. Pat

An Eschatological Laundry List

1. This is it.
2. There are no hidden meanings.
3. You can't get there from here, and besides there is no place to go.
4. We are already dying, and we'll be dead a long time.
5. Nothing lasts!
6. There is no way of getting all you want.
7. You can't have anything unless you let go of it.
8. You only get to keep what you give away.
9. There is no particular reason why you lost out on some things.
10. The world is not necessarily just. Being good often does not pay off and there's no compensation for misfortune.
11. You have the responsibility to do your best nonetheless.
12. It's a random universe to which we bring meaning.
13. You really don't control anything.
14. You can't make anyone love you.
15. No one is any stronger or any weaker than any one else.
16. Everyone is, in his own way, vulnerable.
17. There are no great men.
18. If you have a hero, look again; you have diminished yourself in some way.
19. Everyone lies, cheats, pretends. (yes, you too, and most certainly myself.)
20. All evil is potential vitality in need of transformation.
21. All of you is worth something if you will only own it.
22. Progress is an illusion.
23. Evil can be displaced but never eradicated, as all solutions breed new problems.
24. Yet it is necessary to keep struggling toward solution.
25. Childhood is a nightmare.
26. But it is so very hard to be an on-your-own, take-care-of-yourself-cause-there-is-no-one-else.
27. Each of us is ultimately alone.
28. The most important things each man must do for himself.
29. Love is not enough, but it sure helps.
30. We have only ourselves, and one another. That may not be much, but that's all there is.
31. How strange, that so often, it all seems worth it.
32. We must live within the ambiguity of partial freedom, partial power, and partial knowledge.
33. All important decisions must be made on the basis of insufficient data.
34. Yet we are responsible for everything we do.
35. No excuses will be accepted.
36. You can run, but you can't hide.
37. It is most important to run out of scapegoats.
38. We must learn the power of living with our helplessness.
39. The only victory lies is in surrender to oneself.
40. All of the significant battles are waged within the self.
41. You are free to do whatever you like. You need only face the consequences.



FROM THE PRESIDENT

Fran Green

It's hard to believe that one full year of my term as president of the Board of Directors has passed. It has been a rewarding experience and your board is already making plans for an exciting new year at UUCOB. In June three new board members were elected: Joe Heard who will serve as Vice President, Mary Ellen Hawthorne and Clint Betz who will Co-Chair the Programs Committee. Over the next several months I will ask each of them to use this space to introduce themselves.

On a personal note, this month will be very special for Bob and me. Our only child, Jay, will become a father, making us grandparents for the first time. Jay and his wife Laura live in Fort Collins, Colorado. Laura is

from a large Catholic family and Jay was raised in the UU Church in Richmond, VA. Their wedding in 2006 blended the beliefs and values each held dear. While this is our first grandchild, for Laura's parents it will be the 14th. We look forward to the arrival of this little miracle which will bring our two families even closer together. Bear with me if I brim over with excitement and bore you with many photographs on Sundays. We plan on spending two weeks in September visiting them and getting to know the new baby. Our own interconnected "web of life" spans from my mother at age 95 to this new life and embraces disparate religious beliefs which will unite in the joy of this new baby. May it be so.

Fran Green

LUNCH WITH PAT

Tuesday, August 11, Noon to 1:30 PM

UUCOB Meetinghouse

Bring your own lunch and beverage.

You are invited to join Rev. Pat, our minister, and other UUCOB members and friends for lunch, socializing, and conversation.

This month's topic will be the most recent cover story "This Present Paradise," of the Unitarian Universalist Association's magazine, **UU WORLD**.

Authors Rita Nakashim Brock and Rev. Rebecca Ann Parker (current President of the UU Starr King School for Ministry) discuss the topic of their most recent book, "Saving Paradise." For almost 1,000 years, the Christian church emphasized paradise, not Crucifixion. This article discusses how Christianity switched directions and what we might rediscover. For the article see: <http://www.uuworld.org/ideas/articles/107992.shtml>.

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

"The Stream of Life"

**UUCOB dancers
on June 15th.**



Treasurer Trivia

Chuck Purser



Our congregation completed June with all due insurance premiums paid in full, a total of \$6,608. The Service Auction brought in \$3,538 to help us meet monthly obligations without withdrawing reserve funds.

A few key notes about our ending finances for fiscal year 2007-2008 are added for record. The year ended June 30th with 94% of planned income collected and 99% of budgeted expense funds paid. We budgeted \$6,000 for annual insurance and paid out over \$7,000. The church received \$37,260 in pledge intentions for the year and collected only \$32,485 in pledge payments. The nearly \$5,000 shortfall was a mix of some members relocating and some others unable to fulfill the commitment.

Our land of honey has received a wake-up call. The economy, oil prices, and the stock market have roared sending trepidation across the country and the effect is felt by UUCOB along with businesses and individuals on the Outer Banks. We need to be prudent as we move forward. The church has been through similar times a number of years ago and rebounded with growth. We can do it again, as we remember the ancient phrase of reason for nearly any situation, "And this too shall pass."

Treasury records are posted on the bulletin board in the office at church for review by members and friends. If further explanation or questions arise, please call or email the Treasurer.

Have a great August and enjoy life, it's a terrific ride.



The Outer Banks Peace Meditation Group

Friday, August 8, 6 pm

We meet together every second Friday of each month to silently meditate and send our intentions for peace and love to specific areas of the world. Each month we focus on a different location.

This meditation group is open to people of all religious and belief backgrounds. Each participant focuses his or her intentions for peace and love silently and in their own way. There is no guided meditation or religious service. We simply state the intent at the beginning for peace and love and healing to go to a particular area of the world. The meditation lasts for 30 minutes.

UUCOB Healing Circle

Sunday, August 31, 12:15 pm

Our healing circle begins with a centering meditation. We then we pass a candle to share our requests followed by silent meditation in which we send love and healing energy to all requests. We will begin gathering at 12:15 and then begin promptly at 12:30.

If you'd like to bring a picture or memento of a healing request recipient, please do so, but it is not necessary. No special skills or previous experience are required. Just bring an openness to send and receive love and healing energy!

Childcare will be available during the circle and meeting. Donations would be appreciated to help cover the cost. If you have any questions or comments you may contact Rev. Pat at minister@uucob.org, Heather at sun-seaearth@gmail.com, Michel at malameddin@aol.com or Janice at naturegirl@aginet.com. You can also reach Pat at 261-2801 during office hours.

FROM THE BOARD

July 2008 Board Meeting Action Items

At the July 3, 2008 Board Meeting, new members Joe Heard and Mary Ellen Hawthorne were welcomed. Clint Betz was out of town so was unable to attend.

The Treasurer's Report from Chuck Purser summarized the 07-08 finances and showed that 94% of planned income was collected and 99% of budgeted expenses were paid. Pledges fell short but the successful service auction brought in over \$3,500.

Several minor internal adjustments were made to the 08-09 budget to account for increased insurance costs, but the total income and expenses remained unchanged.

The Food Bank of the Albemarle was selected to be the recipient of July's Share-the-Plate funds. Recipients for the balance of the year will be chosen at the Board's Retreat on July 12.

A report from Janice Lane was presented by Fran Green. Janice reported that the first annual Outer Banks Natural Healing Arts Fair was a success with between 75 and 100 people attending. Many were people who had never visited our congregation, and literature about UUCOB was made available to them.

July 2008 Board Retreat Action Items

Selected Share-the-Plate recipients for eleven months of the 08-09 Fiscal year with a focus on local non-profits. December's recipient will be determined later.

Set a tentative calendar of major events for the year. These event dates will be entered on the UUCOB Calendar.

Agreed to review the contents of the Board Member's Handbook to ensure that everyone has material and position descriptions that are up to date. This will be done section by section via email.

Reviewed the Board Self-Evaluation which was prepared by members of the 07-08 Board. Based on the comments, the board will make every effort to limit meetings to no more than two hours. The Board will set short term goals for the year and will develop a vision statement.

Thank you to Sherrie Lemnios for opening her lovely home in Southern Shores for the Retreat.

June 2008 Annual Meeting Action Items

The following Officers, Directors and Committee members were elected at the Annual Meeting on June 22, 2008.

<u>Position</u>	<u>Term</u>	<u>Nominee</u>
Vice President	1 year (09)	Joe Heard
Secretary of the Congregation	2 years (10)	Nancy Byrne
Treasurer	2 year (10)	Chuck Purser*
Buildings & Grounds	2 year (10)	Dennis Tromba
Membership Committee Chair	1 year (09)	Nancy Proctor
Finance Committee Chair	2 years (10)	Laura Gilson
Program Committee Co Chair	2 years (10)	Clint Betz
Program Committee Co Chair	2 years (10)	Mary Ellen Hawthorne
Audit Committee Member	2 years (10)	Bob Green
Long Range Planning (LRP)		
Committee Member	2 years (10)	Clint Betz
Nominations Committee Member	2 years (10)	Dick Liston
Committee on Ministry Member	3 year (11)	Jennifer Gilbreath

*Chuck Purser, due to personal commitments, has agreed to serve in this position through June 09.

In other action, the Proposed Budget for the 2008-2009 fiscal year was accepted as presented and the name of the Long Range Planning Committee was changed in the Bylaws to Strategic Planning Committee to better reflect the comprehensiveness of the planning process.

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

AUGUST 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 ▼ 10:30a Why We Do What We Do on Sundays - Part II: Rev. Patricia Haresch & Bob Green 	+ADD 4 ▼ 7p Edenton Discussion Group 7:30p Al Anon	+ADD 5 ▼ 9a Weight Watchers ▼ 2p Minister's Office Hours ▼ 5p Weight Watchers	+ADD 6 ▼ 9a Minister's Office Hours	+ADD 7 ▼ 2p Minister's Office Hours ▼ 5p Strategic Planning Committee Meeting ▼ 6p Board Meeting	+ADD 8 ▼ 6p The Outer Banks Peace Meditation Group	+ADD 9
10 ▼ 10:30a Four Poets & Their Lights - Sarah Munson	+ADD 11 ▼ 7:30p Al Anon	+ADD 12 ▼ 9a Weight Watchers ▼ 12p Lunch w/ Pat ▼ 12p Lunch With Pat ▼ 2p Minister's Office Hours ▼ 5p Weight Watchers	+ADD 13 ▼ 9a Minister's Office Hours	+ADD 14 ▼ 2p Minister's Office Hours	+ADD 15 ▼ 7:30p Jewish Service	+ADD 16
+ADD 17 ▼ 10:30a Christianity, Islam, Judaism: Where Three Faiths Meet - Rev. Pat Guthmann Haresch	+ADD 18 ▼ 7p Edenton Discussion Group ▼ 7:30p Al Anon	+ADD 19 ▼ 9a Weight Watchers ▼ 2p Minister's Office Hours ▼ 5p Weight Watchers	+ADD 20 ▼ 9a Minister's Office Hours	+ADD 21 ▼ 2p Minister's Office Hours	+ADD 22	+ADD 23
+ADD 24 ▼ 10:30a Music Experience and Experiment: Nancy Byrne and Sherrie Lemnios	+ADD 25 ▼ 7:30p Al Anon	+ADD 26 ▼ 9a Weight Watchers ▼ 2p Minister's Office Hours ▼ 5p Weight Watchers	+ADD 27 ▼ 9a Minister's Office Hours ▼ 6:30p Drumming	+ADD 28 ▼ 2p Minister's Office Hours	+ADD 29	+ADD 30
+ADD 31 ▼ 10:30a The Death Penalty: A Story From Inside (Discussion Sunday) - Chris Conover ▼ 12:15p Healing Circle	+ADD 1 ▼ 7p Edenton Discussion Group ▼ 7:30p Al Anon	+ADD 2 ▼ 9a Weight Watchers ▼ 2p Minister's Office Hours ▼ 5p Weight Watchers	+ADD 3 ▼ 9a Minister's Office Hours	+ADD 4 ▼ 2p Minister's Office Hours ▼ 5p Strategic Planning Committee Meeting ▼ 6p Board Meeting	+ADD 5	+ADD 6 ▼ 9:30a Edenton UU Discussion Group

PET SITTERS WANTED

UUCOB in years past had a pet sitting cooperative group to help each other save money and for convenience and care of their beloved pets when they left the area or just needed a dog walked during a time of illness. I am interested in starting this again. Please contact me if you are interested in being on the list of pet sitters for congregants. Let me know if you want to pet sit animals at your home or are willing to make home visits. Thank you. Nancy Byrne cnbyrne@embarqmail.com or 491-2345.

August Share -The -Plate

A portion of each Sunday's plate collection during the month of August will be given to The Valpey Emergency Fund. This fund was set up by one of our founding members to assist UUCOB members and friends with emergent financial needs, for example a one time rent or utility bill.

District & UUA News & Events

THOMAS JEFFERSON DISTRICT

Programs at The Mountain Retreat and Learning Center, Highlands, NC



Peace & Privilege

Friday, 8/1-Wednesday, 8/6

\$525 (including program, meals & lodging)

Our facilitators will share their own perspectives on peace, justice, privilege and power, and how each works to transform personal privilege into action for change. The week will include facilitated in-depth discussions and exercises to help increase our understanding of privilege and the role it plays in our peace work. Challenging questions and reflection will help the group develop possibilities for action they can take back to their community. Powerful community singing each day will strengthen your need to explore this challenging issue. Of course, there will be plenty of time for reflection and renewal in the awe-inspiring beauty of this mountain setting.

For more information and to register go to:

<http://www.mountaincenters.org/peaceworks.html#peacepriv>

ELDERHOSTELS

Appalachian Whitewater and Hiking Adventure

Sunday, 8/10-Friday, 8/15

\$625

Come for an adventure in one of the most rugged and picturesque areas of the Southern Appalachians. Your adventures include whitewater rafting on two rivers: both the easy, exciting Nantahala River, and the wild and scenic Chattooga River. Alternating days with the river trips, you will learn of the diverse plant life of this unique area as you choose from two leisurely hikes of 4 or 6 miles in the Nantahala National Forest and on the Appalachian Trail. After exciting days return to The Mountain for evening programs of folksongs and stories and comfortable lodging overlooking beautiful Blue Valley, 2000 feet below. Bring a healthy sense of adventure and good hiking boots. Good physical condition is necessary.

Nature Hiking in The Southern Appalachians

Sunday, 8/17-Friday, 8/22

\$545

Put on your boots, grab your hiking stick, and explore the trails of the spectacular Southern Blue Ridge with a hiking naturalist. On your choice of approximately four to six mile hikes each day, learn about the many wildflowers and varied habitats of this beautiful area. Hikes are planned to be leisurely for full enjoyment of the surrounding beauty. On the Appalachian Trail and Bartram Trail, view grand vistas thousands of feet below. Within the Nantahala National Forest, wander along mountain streams and waterfalls and under canopies of rhododendron. Hike during the day, enjoying lunch on the trail and returning to our lovely mountaintop for dinner and an evening program.

Hiking Adventures in The Southern Appalachians

Sunday, 8/24-Friday, 8/29

\$545

Summer and Fall are some of the best times for hiking the lush and diverse trails of the Southern Blue Ridge. On daily hikes, explore the mountains and valleys of this unique area with a hiking naturalist. For spectacular vistas thousands of feet below, hike the Appalachian Trail and Bartram Trail. Within the beautiful woods of the Nantahala National Forest, wander along mountain streams and waterfalls and under canopies of rhododendron. Some elevation changes of up to 1000 feet occur; uneven trails. Enjoy lunch on the trail and then return to our lovely mountaintop for dinner and an evening program. Hikes offered rain or shine: participants must be in good physical condition.

For more information and to register for these Elderhostel programs go to

http://www.mountaincenters.org/eh_Programs.html#august

UNITARIAN UNIVERSALIST ASSOCIATION

About the Social Witness Process

The Fifth Principle of Unitarian Universalism affirms and promotes the right of conscience and the use of the democratic process. In keeping with this, the way in which our denomination arrives at consensus on various social issues is by a democratically agreed upon process called the Social Witness Process, named as such because we bear witness to social inequity. The Social Witness Process is facilitated by the Commission on Social Witness. It currently generates two types of consensus statements, Statements of Conscience, which result from study and action on a selected issue, and Actions of Immediate Witness.

*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.*



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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.

COME JOIN US!

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.

SUNDAY PROGRAMS

All services are held at 10:30 am. A pro-
gram is provided for older children and child-
care is available for the youngest.

The 4th Sunday of each month is "Discus-
sion Sunday" and people are welcome to bring
simple snacks.

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.

Layout & Editor: Dick Liston

Assistant Editor: Joan Liston

To have something included in the
newsletter, please email it to
jodliston@embarqmail.com