



UUCOB NEWS

SEPTEMBER 2009



9/6 - When Our Jobs & Our Vocations Converge & When They Don't - Speaker - Bob Green

On Labor Day weekend, member Bob Green will consider the difference between a "job" and a "vocation." A job being defined as "a regular activity performed in exchange for payment, especially as one's trade, occupation, or profession." While theologian Frederick Buechner defined vocation as that place where "your deep gladness meets the world's deep needs." This Sunday, consider with Bob where your deep gladness meets the world's needs.

9/13 - The Annual Water Communion & Ingathering (Intergenerational) Speaker - Rev. Patricia Guthmann Haresch & UUCOB Children & Youth

Rev. Pat and UUCOB children and youth will tell a story for all ages based on a Greek folk tale and reflect on how we all are connected through a community of caring and concern. The service includes our annual Water Communion ingathering. All ages are invited to bring a container of water from a place traveled to this summer or another special place to share during the water communion.

9/20 - Eating as a Spiritual Practice Speaker - Rev. Patricia Guthmann Haresch

During this month around the world, Muslims, during the holy month of Ramadan (this year roughly August 22 to September 20), and Jews before sunset on the evening before Yom Kippur until nightfall on Yom Kippur (September 28), will fast, will choose to refrain from food. Most faiths prescribe some sort of fast. Whether we fast or not, we are making choices everyday with respect to food that impacts us not only individually, but has ramifications throughout the world. "Ethical Eating: Food and Environ-

mental Justice" is the current Unitarian Universalist Association's topic for congregational study. Rev. Pat will explore ethical and spiritual aspects of eating. (Ah, yes, food, truly Rev. Pat's favorite topic.)

9/27 - Filling the Gap for Disabled Young Adults in Dare County (Discussion Sunday & Light Brunch Potluck) Speaker - Renate Macchirole and Challenging Disabilities Participants

What is it like to be a disabled young adult in Dare County? A daily routine of school and/or work, helping others, and socializing with friends, is the norm for many young adults and is important to feeling fulfilled in life. However, for those with limited motor or speech skills or who need special assistance, experiencing these basic elements of daily living can be challenging. Challenging enough if you live in a large urban area with multiple choices, even more difficult in a small beach community. Member Renate Macchirole noticed some of the gaps in services for disabled young adults and with the assistance of families and others in Dare County, has formed a group of family members and concerned individuals now meeting at the Recreation Center in Kill Devil Hills, Monday to Friday, 10am-2pm. Renate with some participants from this group will discuss life experiences in Dare County for the disabled, services that are available, and projects to consider. Perhaps you have experiences, expertise, ideas, or questions to share as well.

Typically the fourth Sunday of the month is "Discussion Sunday." Light brunch potluck items are welcome. Please do consider coming a bit early between 10-10:15 am to help set up tables in the Meetinghouse.



FROM THE MINISTER

Rev Pat Guthmann Haresch

Well, I'm just going to say it. Whatever position you might have on health care reform, in the very least, after President Obama's election, I was so looking forward to the nation finally having a realistic, intelligent discussion about health care. Ah yes, although I hate to admit it, if you looked up the definition of Pollyanna in Merriam Webster ("a person characterized by irrepressible optimism and a tendency to find good in everything"), you would certainly find my picture. Now, like my UU colleague, the Rev. Fred Hammond said recently on his blog, "I am trying to wrap my head around the fear that is being sounded across America. . .about health care reform and socialism."

You might be saying, "Oh Pat, please don't start going the way of making political statements. Please, please keep it in the realm of. . .," religion or theology or ethics or spirituality or whatever it is you might feel is within the realm of your UUCOB minister's area of concern. Yet, I say to you, of course healing and compassion, the quality of every person's life, caring for the most vulnerable in society, concerns of life and death, have been a part of what we know to be religious concerns throughout human history. How DOESN'T health care relate to our Unitarian Universalist principles that affirm and promote such things as, "the inherent worth and dignity of every person; justice, equity and compassion in human relations."

So, the national conversation I was hoping for would have started with how can we continue to tolerate so many millions of Americans not being covered by private or government funded health care. And of course, those not covered are the most vulnerable and least privileged, "without political clout," as recently noted by our UU Association's new President, the Rev. Peter Morales. Among those not covered are working individuals and families who do not get coverage through their employers, or who may not qualify for assistance unless they let go of their assets, such as their house. Who need to make choices each month about whether they can pay rent, turn on the heat, for food, for gas to get to work, for costly medications or health care. Which expense must they forgo?

Access to even the most basic health care was where I hoped the conversation would start. Then I hoped we would put aside our American egos and ask, "Are there health care models out

there that out perform our current U.S. system in anyway, whether in reducing costs, or efficiency, or quality or health indicators such as life expectancy, rates of infection, etc.?" Can we learn from them and adapt them in anyway?" Studies and research for years have shown there are such models. And guess what? These models even exist in so-called third world and dare I say, "socialist" countries. (Gasp.)

Again in his blog, Fred Hammond, referred to the Central Intelligence Agency's comparison of life expectancy in the world (<https://www.cia.gov/library/publications/the-world-factbook/rankorder/2102rank.html>). By the way, we rank 50th. And the CIA's fact book on the infant mortality rate (<https://www.cia.gov/library/publications/the-world-factbook/rankorder/2091rank.html>). We rank 180th, right after Croatia and the Faroe Islands. Angola is number one.

Being outranked is not uncommon for the U.S. in world health comparisons of all sorts. Interestingly, one of the most common factors cited for why we don't rank so well in these studies, is that not all of our citizens are provided with access to health care. There's all sorts of reasons why this contributes to costs and complications in our country's health care system.

UU President Morales further noted in his statement mentioned above:

"The current hysteria and rancor in the debate over health care policy are profoundly disturbing. The issues here go far beyond normal public policy debate. Religious principles central to our shared. . .UU faith are involved. The first religious principle at stake is compassion. . .We must insist that health care reform protects those without political clout: children, the poor, the disabled, the elderly. To stand on the side of love is to stand with those who are on the margins. The second principle of our faith we must affirm today is our commitment to the democratic process. . .True democracy can only exist where each voice is heard, where debate is open and civil, where people can disagree without being threatened. Good people can and do disagree about health care policy. However, we must all join together to demand open, respectful debate."

As we strive to figure out this messy health care issue, may we seek the common ground of justice, respect, and compassion. May it be so. - Rev. Pat

UUCOB HEALING CIRCLE

[Now Second Sundays]

Sunday, September 13, Noon-12:30 pm

Religious Education Building

Our healing circle begins with a centering meditation, a bowl of water is passed, and a stone dropped in the bowl for each request shared. We then connect with one another and gently send love and healing energy to all requests, creating a circle of loving energy to heal ourselves and those we care about.

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 is required. Just bring an openness to send and receive love and healing energy! Childcare will be available during the circle and meeting.

FROM THE PRESIDENT

Joe Heard

UUCOB Board Sets Priorities for 2009-2010

During its annual retreat, the Executive Board of UUCOB reviewed the strategic plan recently adopted by the congregation and selected eight objectives as priorities for the upcoming year.

Develop smaller groups to reach target people, interests, and areas.

The Membership Committee will be working with others to establish a "Circles of Life" program, which focuses on developing smaller (5-8 persons) interest groups within the congregation connected by location, lifestyle, or special interests.

Identify talents, gifts, and interests of members and friends.

The Board plans to conduct a congregation-wide survey to identify talents and interests that match current needs and future opportunities. It is hoped that all members and friends will be involved in congregational activities, each in his/her own way.

Increase chances that visitors will return and connect.

The Membership Committee will be arranging a presentation developed by the UU Thomas Jefferson District that focuses on what a congregation can do to increase the chances of visitors returning.

Continue to develop and update informational pamphlets and other forms of communication (website, newspaper articles, etc.).

A variety of committees including Communications, Membership, and Religious Education will be working on this effort to update and improve the materials and information made available to the public regarding UUCOB and its activities.

Continue to improve the quality of services presented and training of lay leaders.

The Programs Committee and Rev. Pat will lead efforts to review the Sunday service format, involve others in planning programs, and recruit/train new lay leaders.

Improve communication and office administration.

This effort includes a variety of items including updating the website, effectively using the internet and email, publishing information and articles in the local newspapers, evaluating the need for office/presentation equipment, and establishing a system for maintaining congregational records.

Develop adult and youth religious education programs.

Adult and youth religious education programs are currently developed by Rev. Pat and the Religious Education Committee. They will be looking into the establishment of an Adult Religious Education committee.

Ensure the long-term care of buildings and grounds.

The Board members noted that both physical and financial plans are needed to ensure the long-term care of UUCOB facilities. The current and former members of the Building & Grounds Committee were suggested as appropriate members of a committee to identify building maintenance needs.

As the UUCOB Board and committees engage in efforts to address these priorities, we ask for your support and participation in bringing these objectives to fruition. Please contact me at jandheard@aol.com if you have an interest in any of listed projects. The Strategic Planning Committee will serve an oversight role in this process and report back to the congregation on a regular basis on the status of these projects.

LUNCH WITH PAT

Tuesday, September 22, Noon-1:30 pm

Bring your own lunch.

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

We will be continuing August's Discussion Sunday topic of being a UU Welcoming Congregation with respect to the Lesbian, Gay, Bisexual, and Transgender community and current justice issues impacting this community. Go to the Unitarian Universalist Association's website (www.uua.org) to learn more about Welcoming Congregations and our current "Standing On the Side of Love" campaign." For a review of related state legislative issues see: <http://equalitync.org/leg>. For a federal listing see: http://www.hrc.org/laws_and_elections/4732.htm

Anyone interested in a cooperative playgroup and/or finding a sitter together during Lunch W/ Pat may contact Rev. Pat at UUCOB (252-261-2801; minister@uucob.org).



Treasurer Treatise

Chuck Purser

We completed the first month of our new fiscal year at the end of July, and during the month we collected 8% of budgeted income and paid out 7% of planned expenses. Spreadsheets reflecting income, outflow, assets, and liabilities are posted in the church office. Income exceeded expenses during the month of July by \$1,112 as a result of two larger-than-normal donations by non-pledging friends.

A month represents about 8% of the year and we collected only 5% of pledges during July. The two larger donations kept us in the black for our first month. Pledges are expected to pick up after summer vacations are over and members are back in a normal routine.

Share the Plate for July was the Food Bank of the Albemarle. A check for \$161.00 and letter were mailed July 27, 2009. In addition to Share the Plate, a special donation of \$100 was made for the Food Bank and a check was mailed during August.

As I'm writing this, hurricane Bill is passing off the coast. I went to the shore a little earlier to see the supposedly twenty feet high waves and was somewhat confused. They must have been measured by a different ruler than I use or either all those surfers I saw were about eleven or twelve feet tall.

If you have any questions contact the Treasurer at purserchuck@yahoo.com or cell 252-216-9119.

2009-2010 UUCOB EVENT CALENDAR

September 13 – Ingathering Service
 October 4 – Blessing of the Animals
 October 10 – Yard Sale
 October 30 – Halloween Party
 November 8 – UU Association Sunday
 December 4 – Holiday Decorating Party

December 24 – Christmas Eve Service
 February 6 – Chocolate Auction
 March 5 – Annual Giving Campaign Kickoff Event
 April 11 – Annual Giving Campaign end date
 April 24 – Service Auction

Religious Education (RE) Focus

The main focus will be preparation for the intergenerational play, The Seven Ravens, which Rev. Pat has adapted from a folk tale that will be performed at our water communion service on Sept. 13th. The ultimate lesson is about compassion, love and connection for family, friends, and the whole world. All who are interested in being in the play please let me or Rev. Pat know and we will plug you in! When I asked the children what their favorite thing to do here is, it was to have plays. And attendance showed it on August 23rd when we had a full room of willing participants ready to sign up! Rehearsals will happen from Aug 30 through Labor Day in the RE room. There will also be costume and prop construction.

Also, coming up on Water Communion Sunday will be the beginning of our Secret Pals program. The purpose is to foster intergenerational connections, mentoring, and fun! The program runs every week from Sept 13th until the Halloween Party when Secret Pals will discover their true identities. Until then, their identities will be obscured by special secret names which each participant will invent for him or herself and submit to me before Sept 9th. Letters, drawings, articles, etc... [no gifts] will be placed by adults in a box in the kitchen and taken to the RE room by the children each Sunday. The exchange will be made by the RE assistant after the service and secretly taken home to read. Call or email me at 491-2345 or cnbyrne@embarqmail.com. Nancy Byrne, RE Chair

DRUMMING AT THE BEACH

Tuesday, September 15, 6:30 pm

UUCOB members and friends will gather by the Black Pelican beach access in Kitty Hawk. Bring your own drum if you have one. Chip Hedenburg will have extra drums and may be contacted if you have questions. Drumming will be indoors at the UUCOB Meetinghouse beginning in October. Bring your friends.

FROM THE BOARD

Fran Green

Action Points from the August 4, 2009 Board Meeting

- The Board asked that Laura Gilson and the Finance Committee move ahead with evaluating the use of credit cards for the Yard Sale and Chocolate Auction, if they so desire. The Board will continue to discuss the possibility of accepting credit cards for payment of pledges and other donations.
- Dennis Tromba reported that new key mechanisms have been installed and that there are new keys now for the deadbolts on both entrance doors to the Meeting-house. As a result we have additional security since only those with new keys currently have access.
- The Board voted to proceed with becoming a "Participating Faith Community" with the Beach Food Pantry. Bob Green will serve as our liaison. Volunteers to work at the pantry every nine to ten weeks are being recruited.
- The Board approved the formation of a task force to discuss the possibility of establishing a Brittany Kirk Peace Memorial Garden honoring Rose and Bill Clark's granddaughter. A gift from the Clarks in her memory would be used toward this project.

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

ART SHOW RECEPTION - SEPTEMBER 13

Karen Watras will exhibit her photography for our next art show from September to November. Photography has always been a passion for her since she received her first camera as a small child living in Connecticut. Since Karen moved to the Outer Banks in 1997, her love of nature and wildlife has grown and she has been inspired daily to capture what she sees around her with photos. Today she works in digital only and says "it has given me even more freedom to photograph whatever I choose, every chance I get. I am grateful that I see my surroundings in a photograph; everywhere I look is the opportunity for an image."

Karen's work is available on her website www.shellgirlphotos.com and at the Yellowhouse Gallery in Nags Head. She also takes family portraits and photographs small weddings. Karen will give a talk at an opening reception for her show on September 13 following the service.

CROP WALK - OCTOBER 18

CROP stands for Communities Responding to Overcome Poverty. CROP walks are a gathering of people from many walks of life to raise awareness and funds for international relief and development, as well as local hunger-fighting agencies. The four-mile Outer Banks CROP Walk will be on Sunday, October 18 at Roanoke Festival Park. Registration and activities will be from 1-3 pm with the walk beginning at 3 pm. Kathy McMahan is our representative on the CROP Walk Steering Committee and will be working with Demitri Warner and Sandy Anderson to help gather walkers and raise donations.

The CROP Hunger Walk is an opportunity to learn what millions of people have to do each day just to survive – they walk. We will have fun and raise money at the same time to help raise awareness and alleviate hunger in Dare County and around the world. 852 million people go to bed hungry every night. They must walk to accomplish even the most basic tasks. They must walk for food, water, firewood, shelter, school, etc. We walk because they walk. Please join us to walk or donate. Registration and donation information will be available at UUCOB after services beginning August 30. You can make donations to Crop Walk whether you walk or not.

"Sicko"

Meetinghouse, Friday, September 25, 7 pm

Bring Your Own Snacks & Beverages

If you thought you missed seeing "Sicko" last month, don't worry, we had to reschedule and will show it in September. View this next film in a monthly series of mainly contemporary films that raise social and ethical issues of interest to all. After each film, we will have a discussion session for any who wish to participate or just listen. "Sicko" (2007) is a documentary by Michael Moore that looks at health care in the United States as provided by profit-oriented health maintenance organizations (HMOs) compared to state-supported free, universal care in Canada, the U.K., and France. He reveals that U.S. media reports concerning universal care do not exactly represent the whole picture.

SEPTEMBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 ^{+ADD} ▼ 10:30a Wounded Words - Rev. Patricia Guthmann Haresch ▼ 12:30p Annual Picnic	31 ^{+ADD} ▼ 7:30p Al Anon	1 ^{+ADD} ▼ 9a Weight Watchers ▼ 2p Minister's Office Hours ▼ 5p Strategic Planning Committee Meeting ▼ 7p UUCOB Board Meeting	2 ^{+ADD} ▼ 9a Minister's Office Hours	3 ^{+ADD} ▼ 2p Minister's Office Hours ▼ 7p Thursday Edenton Discussion Group	4 ^{+ADD}	5 ^{+ADD}
6 ^{+ADD} ▼ 10:30a When Our Jobs & Our Vocations Converge & When They Don't - Bob Green	7 ^{+ADD} ▼ 7:30p Al Anon	8 ^{+ADD} ▼ 9a Weight Watchers ▼ 2p Minister's Office Hours	9 ^{+ADD} ▼ 9a Minister's Office Hours	10 ^{+ADD} ▼ 2p Minister's Office Hours	11 ^{+ADD}	12 ^{+ADD}
13 ^{+ADD} ▼ 10:30a Annual Water Communion & Ingathering - Rev. Pat (Intergenerational) ▼ 11:45a Art Show Reception ▼ 12p Healing Circle	14 ^{+ADD} ▼ 7:30p Al Anon	15 ^{+ADD} ▼ 9a Weight Watchers ▼ 2p Minister's Office Hours ▼ 6:30p Drumming on the Beach	16 ^{+ADD} ▼ 9a Minister's Office Hours	17 ^{+ADD} ▼ 2p Minister's Office Hours ▼ 7p Thursday Edenton Discussion Group	18 ^{+ADD} ▼ 1p Crop Walk ▼ 7:30p Jewish Service	19 ^{+ADD}
20 ^{+ADD} ▼ 10:30a Eating as a Spiritual Practice - Rev. Patricia Guthmann Haresch ▼ 6p OBCUUPS Autumn Ritual	21 ^{+ADD} ▼ 7:30p Al Anon	22 ^{+ADD} ▼ 9a Weight Watchers ▼ 12p Lunch w/ Pat ▼ 2p Minister's Office Hours	23 ^{+ADD} ▼ 8a UUCOB Men's Discussion Group ▼ 9a Minister's Office Hours	24 ^{+ADD} ▼ 2p Minister's Office Hours	25 ^{+ADD} ▼ 7p Friday Film Nite (Sicko)	26 ^{+ADD}
27 ^{+ADD} ▼ 10:30a Filling the Gap for Disabled Young Adults in Dare County - Renate Macchirole and Group Participants (Discussion Sunday & Light Brunch Potluck)	28 ^{+ADD} ▼ 7:30p Al Anon	29 ^{+ADD} ▼ 9a Weight Watchers ▼ 2p Minister's Office Hours	30 ^{+ADD} ▼ 9a Minister's Office Hours	1 ^{+ADD} ▼ 2p Minister's Office Hours ▼ 7p Thursday Edenton Discussion Group	2 ^{+ADD}	3 ^{+ADD}

SHARE-THE-PLATE RECIPIENTS FY 2009-10

[As set at 7-26-09 Board Retreat]

July – Food Bank of the Albemarle (Set at June Board Meeting)

The mission of the Food Bank of the Albemarle is to fight hunger and poverty in northeast North Carolina. FBA has combined many services under one umbrella agency to better serve this indigent, sparsely populated area, thereby maximizing staff, equipment, and facilities. FBA supports the efforts of 67 food banks/soup kitchens in a 15 county area.

August – Allen Valpey Emergency Fund (50%) Minister's Discretionary Fund (50%)

The Valpey Emergency Fund was established by one of our founding members to assist UUCOB members and friends with emergency financial needs, such as a one time rent or utility bill.

Minister's Discretionary Fund. The purpose of this fund is to provide a monetary resource for the minister to draw from to help respond to emergency personal needs among UUCOB members and friends, and the greater community as they come to the minister's attention.

September – CROP Hunger Walk

CROP Walk is an event where people walk together to take a stand against hunger in our world and raise awareness and funds for international relief and development, as well as local hunger-fighting.

[Continued on Next Page]

SHARE-THE-PLATE RECIPIENTS

FY 2009-10

[Continued]

October – OBX Cancer Support Group

The OBX Cancer Support Group provides transportation stipends to patients for doctor visits. They also pay bills (rent, car payments, etc.) for those in treatment who are unable to work during that time.

November – Interfaith Coalition Peace and Justice Group, with November 8 designated for UUA Association Sunday

The Peace and Justice Interfaith Coalition engages the broader community on a wide range of important social justice issues such as torture, immigration, environment and racism, by annually showing five to six films followed by discussions.

December – Friends of Youth

The purpose of the Friends of Youth program is to place at-risk youth between ages 6-17 with a caring adult volunteer to serve as a role model and friend. The adult volunteer provides the youth with one-on-one time, a few hours each week, in activities that build self esteem, strong character and friendship, as well as strengthen ties at home and school.

January – Dare CASA

The Dare Coalition Against Substance Abuse is a nonprofit, volunteer organization concerned about the impacts of substance abuse on the Outer Banks. Efforts focus on education, prevention, and providing information to the public.

February – Interfaith Community Outreach

The ICO provides emergency gap services and referrals to needy persons on the Outer Banks and surrounding areas who have

no other place to turn for help. ICO is an interfaith organization of volunteers who are supported by more than 20 local faith communities.

March – Community Care Clinic of Dare

The Community Care Clinic of Dare serves the lower-income, uninsured persons living or working in Dare County by providing access to basic healthcare and medications. The Clinic is committed to increasing accessibility to healthcare on the Outer Banks.

April – OBX Hotline

Outer Banks Hotline is a private, non-profit human services organization that provides crisis intervention, temporary shelter, information and referrals, advocacy and prevention education services to residents of and visitors to the Northern Outer Banks.

May – Dare County Respite Care

The Respite Care program is a no fee, volunteer program offering respite services for adult caregivers of frail, elderly, disabled, or shut-in individuals at home. The program is designed to offer caregivers a brief respite from their daily care-giving role, while providing a community connection and socialization to the care recipient.

June – Surfrider Foundation

Surfrider Foundation is a non-profit environmental organization dedicated to the protection and enjoyment of the world's oceans, waves and beaches for all people, through conservation, activism, research and education. Although a national organization, the Outer Banks Chapter focuses specifically on issues and efforts relating to the Outer Banks.

THOMAS JEFFERSON DISTRICT

Stand on the Side of Love

National Equality March for LGBT Rights

Washington, DC

Saturday, October 10 to Sunday, October 11

Thomas Jefferson District Executive, Annette Marquis, has called on congregations in the TJ District to mobilize for the National Equality March for Lesbian, Gay, Bi-Sexual, and Transgender Rights. Annette challenges, "every congregation to send at least 10% of its membership, to symbolize the number of LGBT people in the general population, to Washington." Adding "although great strides have been made in the past couple of years to improve the rights of LGBT people, every right we win in individual states and local communities can be stripped away by a well-financed cam-

paign like the one we saw in California with Prop 9. We need national legislation that will protect LGBT rights in all aspects of life from marriage equality to serving in the military, to survivor benefits, and employment protection. . .and that's what this march is about. . .Even if you can't go to Washington, you can get involved in your congregation and your local congressional district."

If you are interested in organizing shared transportation at UUCOB and/or would like to share transportation with other UU congregations not far from us, please contact Rev. Pat (261-2801; minister@uucob.org).

For more information on this topic from the Thomas Jefferson District, go to:

<http://www.tjdistrict.org/newsevents/nationalqualitymarch.html>

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 program is

provided for older children and childcare is avail-

able for the youngest.

The 4th Sunday of each month is "Discussion

Sunday" and people are welcome to bring brunch

items to share.

The first Sunday of each month is usually Food

Pantry Sunday, so please remember to bring a do-

nation of non-perishable unopened foods, per-

sonal items or paper products.

Layout & Editor: Dick Liston

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To have something included in the

newsletter, please email it to

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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.*