

OCTOBER 2007



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.

Nov 4: The Meaning of Life

Rev. Pat Guthmann Haresch

[Daylight Savings ends Saturday night/ Sunday morning. Set clocks back one hour.]

So often theological and philosophical conversations will drift toward the question of whether there is life after death. Yet, when we are in the midst of living, why not talk about this great mystery of life? As ancient days of remembering the ancestors pass (Halloween, Samhain, All Soul's Day), rather than considering life after death, Rev. Pat will consider what it means to be alive. And her answer will not be "42" (refer to Douglas Adams' "Hitchhiker's Guide to the Galaxy").

Also at this time of year, let us come together to honor and remember ancestors and mentors now gone, and those who died this past year.

Nov 11: The Sum of All Parts: Humanism, Mysticism and Spirituality

Nancy Proctor

I'm part mystic, humanist, theist and naturalist. For me, it is the sum of all parts that add up to a genuine religious experience. These ways of knowing and experiencing the world are not either/or but a 'both/and'. I can have it all and use language that is rational, spiritual, emotional, intellectual and intuitive. The challenge is

to explore all realms, to learn from all sources, and to get stuck in none. Being a religious, mystical humanist.

< A good time was had by all at our fabulous Halloween Celebration!

Nov 18: A Story About Giving & the Thanksgiving Sharing Table

Rev. Pat Guthmann Haresch

Intergenerational

Our minister will tell a story for all ages. And all ages, individuals, households are welcome to bring offerings for our annual sharing table with the idea that you are giving it away for someone else to take. Bring something of meaning or value, whether baked items, jewelry, books, poetry. You may say a word about the treasured object, then leave it to be taken and appreciated by someone else in the congregation. You also will have the opportunity to go up to the table and choose something that once belonged to someone else.

Nov 25: Caregiving for Aging: Dementia & Alzheimers

Discussion Sunday led by Gail Sonnesso

At present, the National Institute on Aging estimates that over five million Americans have Alzheimer's disease. In our own lives, we may have been touched by aging family members who have experienced memory loss. Or we may see ourselves entering the land of forgetting. Presentation and Discussion led by Gail Sonnesso, director of Gem Day Services, a community-based nonprofit organization dedicated to providing quality services to both participants and caregivers. Special music provided by Angelo Sonnesso. www.gemdayservices.org

Dec 2: Twelve Days of Christmas Play

Intergenerational

Coordinated by the RE Committee



FROM THE MINISTER

Rev Pat Guthmann Haresch

Okay, I'll admit it. I love Christmas time. I love the music, the food, the stories, the hokey T.V. movies, the decorations, watching children experiencing the magic. It all only brings back fond memories for me. Yet, over the years I have learned I need to temper my enthusiasm. I can't assume everybody else is so thrilled. For the holidays can be the hardest part of the year for many, full of stress, perhaps loneliness, depression, feelings of exclusion, being on the outside. When someone doesn't wish to participate it shouldn't mean that they are free game for being teased or cajoled as just an old Bah Humbug Christmas Scrooge. The pain and hurt felt during the season may be longstanding and deep seated.

Let us be gentle with each other as the season approaches and throughout.

Let us be gentle with ourselves keeping in mind our vulnerabilities and limitations.

In thinking about the attitude, the outlook, I wish to assume and promote during the holidays, the "Hokey Pokey" came to mind.

Sunday morning, October 21, during the children's portion of the service, we danced the "Hokey Pokey." Now you may or may not be surprised that there is at least one book dedicated to the deep lessons of the Hokey Pokey. This song and dance has been written about and preached about. I don't know, really, what anybody else said about it, but here are a few spiritual or life lessons that I shared in October:

1. Try not to take life too seriously. May we maintain that Spirit of a Child, ready for fun and whatever is coming next with excitement and anticipation.

2. Even when you get out of step and forget the words in this Dance of Life, you can step right back in and pick it up again. The invitation to living life fully is always open. So, why not dance?

3. And you know, you aren't the only one who trips up and makes mistakes from time to time. Perfection is not the goal. Living, participation, just being is.

4. We may feel alone at times, but we are in this Dance of Life, this Interdependent Web of Life together.

5. Take care not to hurt yourself or others when dancing, but when you're having fun and are respectful, everyone is so much nicer about bumping into each other.

6. Sometimes we just need to turn ourselves around, take on a new perspective, approach things differently with a new eye, shake ourselves up a little and we can get unstuck and back in the dance again.

7. The punch line to this song, is to put your whole self into life's journey. We are not just a bag of bones, with a computer in our head and a detached heart that we can leave at home whenever we choose. We are a whole person, mind, body, heart and soul. Everything working together. So, go for it, put your whole self into this dance of life. That's what it's all about.

Maybe it's all too simple

For our brains to figure it out

What if the hokey pokey

Is all it really is about

(Jimmy Buffet)

LUNCH WITH PAT

**Tuesday, November 6
Noon to 1:30 pm at UUCOB**

BYO: Lunch & Beverage

PLEASE NOTE THIS MONTH LUNCH W/ PAT WILL FALL ON THE FIRST RATHER THAN THE SECOND TUESDAY AS PAT WILL BE ON RETREAT THE SECOND TUESDAY IN NOVEMBER.

You are invited to join Rev. Pat, our minister, and other UUCOB members and friends for lunch, socializing, and conversation. In October Pat provided some background information regarding Sufism (the mystics of Islam), then we read and discussed short Sufi teaching tales.

In November the month of Thanksgiving, we will discuss "Gratitude." *Brother David Steindl-Rast noted: What counts on your path to fulfillment is that we remember the great truth that moments of surprise want to teach us: everything is gratuitous, everything is a gift. The degree to which we are awake to this truth is the measure of our gratefulness. And gratefulness is the measure of our aliveness. Are we not dead to whatever we take for granted? . . . A single crocus blossom ought to be enough to convince our heart that springtime, no matter how predictable, is somehow a gift.*

What is your take on "Gratitude?"

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).



FROM THE PRESIDENT

Fran Green

Although we usually begin to talk about money in February as we prepare for the Annual Canvass, our finances have been on my mind as we welcome the fall. We took a big step forward this year by increasing our minister to 2/3 time from half time and purchased a much needed new sound system for our meeting house. We all have already begun to benefit from these moves and should feel both proud and thankful. We did all this with only 43 pledging members and 20 pledging friends.

Obviously these forward steps also mean that we need to do a bit of belt tightening in other areas and remain hopeful there won't be emergencies that require unplanned expenses. Although it would be

wonderful if we did not have to worry about these things, the reality is we do. Just recently we have learned of some repairs needed in the older building that is used by Heron Pond Montessori School during the week and by Religious Education on the weekends. Dennis Tromba, our Buildings and Ground Chair, has scheduled these repairs during the week of Thanksgiving so they can be done when school is not in session. How fortunate we are to have someone willing to give of his time during a holiday week to address these repairs.

In addition to being thankful this month for the bounty of foods and this beautiful land we enjoy, we need to be thankful for Dennis and all those who continue to keep our UUCOB community strong and "well fed."

Treasurer Trivia

The church completed the first quarter, 25%, of its fiscal year at the end of September. We are within a few percentage points of being on target with our budgeted income and expenses. October and November will be higher expense months because of annual dues to the Thomas Jefferson District and to the national UU in Boston. Historically, pledge collections drop this time of year and don't pick up until late December when donors meet the deadline for tax purposes.

We have less money in our checking account now than at the beginning of our fiscal year, July 1, 2007. Our primary income source comes from pledges and to balance our budget we do count on fundraising and the rents from outside building use.

The effort and dedication of pledging members and friends form the backbone to support our church. This is our core. Other contributions through fundraising and rents enable us to expand in good times and to breathe easier during tighter times. Problems can arise when we continue to depend on other source income in addition to pledges. We get complacent. Income other than pledges is less secure income. It can drop and even disappear. We can lose a major renter and flop at one of our fundraisers during the same year and face critical cash collection deficits. We've been lucky and perhaps the most reliable way to continue this luck is to not curb the pledge growth while still maintaining the rents and other sources.

If you're reading this and beginning to think that it's a prep for the upcoming canvas after the first of the year, then you're absolutely right. We love you.



UUCOB's PEACE Meditation Group of the Outer Banks

Friday, Nov. 9; 6 - 6:30 PM

This month's focus:
Afghanistan

We sit silently and meditate sending peace, love and healing to different regions of the world. People of all spiritual paths, political parties and backgrounds are welcome to join. Each person's energy does make a difference!

For further information, e-mail Heather
sunseaeath@gmail.com or call 473-5698.

May Peace Prevail on Earth . . .

UUS IN THE NEWS

Congratulations to **Burnie Gould** who recently competed in the 75 - 79 age group in the state finals of the North Carolina Senior Games in Raleigh on September 27 & 28. He won gold medals in three running events: 5 K, 1500 meters, and 800 meters. He also won bronze medals in the two sprinting events: 400 meters and 200 meters. Way to go!

In a recent "My Outer Banks Home" publication, **Nick Hodsdon** identified as a gardening enthusiast from Mashoes who teaches continuing education botany classes at College of the Albemarle's Dare County campus, was quoted in two gardening articles.

SMALL IS GOOD

At least that is what a lot of people like about their churches and congregations. Of course small means different things to different people. The Unitarian Universalist Association considers congregations small if their membership is under 150. Most of us at UUCOB would consider 150 members a miracle and maybe way too many people on Sunday morning. Small – even very small – churches are not failures. Not all congregations are meant to be mid-size or large. Some are, and will always be, small. Congregations located in rural or isolated areas may never break the 100 member mark—there just aren't enough people around!

The UUCOB Long Range Planning Committee (LRP) has been reviewing and discussing church size and what life in a small congregation is like. At the last meeting, the Committee looked at the character-

istics of small congregations. Below are some examples:

1. The small church is relationally driven. There exists within the congregation a family atmosphere where individuals are considered part of a bigger family, where relationships become more important than performance and organization.
2. The small church works as a whole. When the church acts, it acts as a whole rather than as individual parts. People desire to know what is going on in every program and ministry even though they are not directly involved.
3. Power and authority reside in the laity rather than the pastor.
4. Traditions and heritage undergird the structure, ministry, and culture.

Within the small church, traditions are more than ruts; they are the stories and bonds that tie the present congregation to previous generations. Because the small

church values not only the present membership, but also past members, traditions play an important role within the life constitute a break not only from the past, but from the past membership.

How do you think this list matches life at UUCOB? In our discussion last month, the LRP members thought UUCOB exists on a continuum between relationships and performance; community and individual decision-making; and tradition and innovation. The Committee will be planning several 'town hall' meetings to get feedback from members and friends on their thoughts on congregational life and our future together. LRP members include Nancy Proctor, Fran Green, Bob Green, Jenny Frost, Laura Gilson and Rev. Pat. Meetings are always open and are listed on the church calendar and in the Sunday Bulletin.

Nancy Proctor, Chair
Long Range Planning Committee

The Contributions of Our Kids

RE Update

In November we will begin practicing our play "The Twelve Days of Christmas or, if you prefer, The Twelve Days of Medieval Frivolity." This skit will be presented to the congregation on Sunday, December 2nd, 2007. Please try to have your kids attend as many Sundays in November as possible, so that we may get our practice time in. This skit promises to be great fun for everyone involved – participants and audience alike!

Kudos to Ethan Gilbreath, Sawyer Sanchez and Samuel Lupean for their efforts to convince Kitty Hawk Elementary Principal Greg Florence to support their efforts to celebrate the "International Day of Peace" which the United Nations declared for September 21 st. These three troubadours were instrumental in orchestrating an announcement by Ethan Gilbreath on Friday, September 21st asking the student population to take a moment of silence to commemorate the International

Day of Peace and to declare the phrase, "May Peace Prevail on Earth." Thanks also for all of the RE participants who were active in that celebration. Our children are making a difference in the world!

On Sunday, October 14th, Jennifer Gilbreath led the kids in a discussion on which charity they would like to support. The kids have been taking their own collection every Sunday and voted to contribute half of their funds to Feline Hope and the other half to Crop Walk. Thanks to all to the children who made these donations possible and to their considered efforts! You all are making a difference!

Some of our kids also raised funds and walked in "Crop Walk" on Sunday, October 21st in an effort to alleviate world hunger. We are all proud of the lessons our kids are receiving each week and of the contributions they're making. What an awesome group!

FROM THE BOARD

October 2007 Board Meeting Action Items

1 Responding to a letter from the Heron Pond Montessori School, the Board agreed to replace three missing chairs as a one time gesture of good will. Repairs to the shared building will be made during Thanksgiving week on days when the school is not in session.

2 The Board decided to incorporate into the November 11 (Veteran's Day) service, the "naming" of recent U.S. military deaths in the Middle East along with the recognition of other lives lost in this conflict. This is currently being done in churches throughout the country as part of their weekly services.

3 During the Fair Trade Event on December 8, the Board opted to sell fair trade coffee by the cup and to hold a bake sale. The event will be chaired by Michel Sanchez from 10:00 to 4:00 at UUCOB. Michel will be assisted by a

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

non-denominational youth group, "Voices that Challenge" that she co-leads. UUCOB will receive 10% of the sale of fair trade items including crafts, coffee, and clothing. Local musicians may be invited to perform as part of the event.

4 The Online/Printable UUCOB Directory is progressing and should be available soon.

5 The Board would like to thank everyone who participated in the recent Yard Sale which brought in \$1,636. Thanks for your time, your donations and your purchases. A huge "thank you" goes out to co-chairs Jennifer Gilbreath and Dennis Tromba. Well done!

UUCOB SHOWS UP BIG TIME FOR THE DARE COUNTRY CROP WALK.

Jerry Cook

Congrats to all who walked, donated funds, donated time and especially to Michel Sanchez & Nancy Byrne for doing a super recruiting job.

UUCOB was well represented with all age groups taking place in the great cause. I recall seeing several of our more senior aged members, lots of young adults (such as myself...smile), bunches of adolescents, several very young children and even a couple medical doctors out doing the 2-4 miles. UUCOB members and friends contributed approximately \$1458.15

which greatly surpassed our goal of \$1000.00. The total amount of money raised from all churches and other resources is approximately \$18,288.00. WOW... The Dare Country Crop Walk Steering Committee had set a goal for 2007 of \$10,000.00 and we almost doubled the amounts.

For those not familiar with Crop Walk, it is a project of World Church Services and it provides basic needs such as water and food for people of nations in need but also allows localities that participate in fund raising to use up to 25% of the money for local needs.

This may sound like I am bragging on behalf of UUCOB (and I am... smile) as even though we have a small

Rev. Pat on Retreat

Twice a year in the Fall and Spring, Rev. Pat joins UU ministers from 6 different Southeastern states at the Southeastern UU Minister Association's retreats at The Mountain Retreat & Learning Center. She will be away from Monday, 11/12 through Thursday, 11/15.

Pizza w/ Pat for Youth

Sunday, November 11

Noon-1:15 pm, Meeting House

On Sunday, November 11, Rev. Pat invites anyone of middle school through senior high age to join her for conversation on the porch.

How you feel you might be better served at UUCOB? Would you like to meet with other UUCOB youth and friends to talk about religion, current events, important things going on in your life or just hang out together or work on helping the community? **Let Pat know.** *It would be helpful to know how many are attending & pizza preferences in advance. Pizza is Pat's treat! RSVP: Call Pat at UUCOB 261-2801.*


congregational membership, we were one of the leading churches in funds raised and individual participation.

Thank you again for a job well done and for allowing me to have the opportunity to represent UUCOB on the Steering Committee for Crop Walk 2007

These members & friends walked:

Florence Burnham
John & Laura Gilson
Burnie & Vivian Gould
The Haresch family
Boyce & Mary
Blanche Harwell
Nick Hodsdon
Jody Holcomb
The Lupean Family
Nancy Proctor & grand daughter Fiona
The Sanchez Family
Kathy Whidbee
Clint Betz
Jerry Cook

October 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Poetry and Jazz Sunday	1 9a Minister's Office Hours 7p Edenton Discussion Group 7:30p Al Anon	2 9a Weight Watchers 6p Weight Watchers	3 9a Minister's Office Hours 10a Grocery Delivery 4p Dare County Literacy Council	4 8a Minister Out of Office - Dare County Minister's Association 9a Minister's Office Hours 10:30a Minister's Office Hours 6:30p Board Meeting	5	6 9a Long Range Planning Meeting 9:30a Edenton UU Discussion Group
7 Pat Guthmann Haresch 	8 9a Minister's Office Hours 7:30p Al Anon	9 9a Weight Watchers 12p Lunch With Pat 6p Weight Watchers	10 9a Minister's Office Hours 4p Dare County Literacy Council	11 9a Minister's Office Hours	12 6p The Outer Banks Peace Meditation Group	13
14 One Sky One World Peace Day 11:30a Keep it Simple Second Sunday Refreshments	15 9a Minister's Office Hours 7p Edenton Discussion Group 7:30p Al Anon	16 9a Weight Watchers 6p Weight Watchers	17 9a Minister's Office Hours 4p Dare County Literacy Council	18 9a Minister's Office Hours	19 7:30p Jewish Service	20 9:30a Edenton UU Discussion Group
21 Pat Guthmann Haresch 2p OBCUUPS Psychic Fair	22 9a Minister's Office Hours 7:30p Al Anon	23 9a Weight Watchers 6p Weight Watchers	24 9a Minister's Office Hours 4p Dare County Literacy Council 7p OBCUUPS Drumming at the Beach	25 9a Minister's Office Hours	26	27
28 Lay Service 12p Monthly Art Show Reception and Discussion	29 9a Minister's Office Hours 7:30p Al Anon	30 9a Weight Watchers 6p Weight Watchers	31 9a Minister's Office Hours 4p Dare County Literacy Council	1 8a Minister Out of Office - Dare County Minister's Association 10:30a Minister's Office Hours	2	3 9:30a Edenton UU Discussion Group

On December 8, 2007 UUCOB will host A Greater Gift sale from 10-4.

The community will be able to purchase beautiful and affordable fair trade items handmade by artisans in developing regions. With each purchase, we are helping artisans and farmers maintain steady work and a sustainable income so they can provide for their families while accessing education and healthcare. A Greater Gift is a non-profit program of the almost 60-year old SERV International, which works in trade and development in 35 countries. This event will also serve as a fundraiser for UUCOB and Voices that Challenge (who will reinvest their portion of the sale into continued fair trade opportunities in the community). There will be a guest appearance by Rising Waves during the day enabling volunteers and shoppers to enjoy wonderful holiday music. Light refreshments and Fair Trade coffee will be available for a donation. If you are interested in helping with the sale (set up, working the booths, break down) please contact Michel Sanchez at 255-0672 or malameddin@aol.com. If you would like to help by making baked goods or serving refreshments, please contact Laura Gilson. Thank you for being a part of a wonderful event and please come shop for fair trade gifts, housewares, jewelry, coffee and chocolates.

The Second Annual Outer Banks Marathon, Half Marathon and associated events will be held Friday, 11/9 thru Sunday, 11/11. The marathon will begin on Sunday morning at 7:20 am near the entrance of Dominion Power on the Woods Road and should mostly be past UUCOB with roads open by the time of gathering for and the beginning of the 10:30 am service.

District & UUA News & Events

UUA News

UUA National Advertising

Campaign Has Begun

The vaunted UUA national advertising campaign has begun. Literally millions of Time magazine's readers have seen and will see ads and advertorials about Unitarian Universalism between now and the end of the year. Ads and articles have and will appear in Time in the Oct. 15, Nov. 5, Dec. 3, and Dec. 31 (Person of the Year Edition) issues.

UUA President Sinkford Delivers Petitions for Peace

Just after 10:00 a.m. on Wednesday, October 10 2007, a delegation of clergy from the Unitarian Universalist Association of Congregations (UUA) and the United Church of Christ (UCC) delivered a combined total of more than 73,000 signed petitions for peace to Congressional leaders. The United Church of Christ, represented by Rev. John Thomas, General Minister and President, and Rev. Linda Jaramillo, Executive Minister for Justice Ministries, presented the 60,000 signatures they gathered over the last few months. Rev. William Sinkford, President of the Unitarian Universalist Association, presented the 13,006 signatures gathered by the UUA's Washington Office for Advocacy over the last three weeks. UUCOB signatures were among them. More at uua.org.

UUA President Seeking Aid for Victims of California Wild Fires

California wild fires have displaced more than 500,000 people. UUA President William Sinkford encourages donations to the Pacific Southwest District's Fire Relief Fund, which will disburse aid to UU congregations, UUs in need, community groups in relationship with UU congregations, and other groups supporting those most in need. To contribute to the fund online, please go to <http://tinyurl.com/ytfz3f>. Sinkford's complete letter including a mailing address for donations, can be found at www.uua.org/news/newssubmissions/55955.shtml.

Thomas Jefferson District News

TJD Trustee Announces Blog

Every district in the Unitarian Universalist Association of congregations elects a Trustee to the Board of Trustees. Anna Olsen who lives in Asheville, NC, and belongs to the congregation where Rev. Pat was a ministerial intern is our new Thomas Jefferson District Trustee.

Anna is starting a blog site at <http://trusteefromtjd.blogspot.com> to give all a chance to follow what she is doing. It lists some recent comments about the TJ District work trip to New Orleans and a sermon.

She invites all to let her know how she can best be of service to us, the district, and the UUA.

Email: aolsen@uua.org

Phone: (828) 484-9239

Mountain Retreat & Learning Center - Elderhostel Programs

November 4 - 7, 2007

Program # 15542 \$385

Mountain Inspirations: Mind, Body, and Spirit with Dick Wolgamott, Jerry Cain and Lee Knight

Hostelers enjoy the view from The Mountain. Join us on our Blue Ridge mountaintop to study how human beings experience life through their physical, mental, and spiritual dimensions. Explore the interaction between these elements through powerful music, guided reflection, and gentle movement. Unify and balance your mind, body, and spirit daily with the calming practice of Tai Chi.

November 27 - 30, 2007

Program # 14261 \$385

Folk Songs from Around the World with Lee Knight Ballads, Tales and Musical Traditions with Sheila Kay Adams

Appalachian Folklore, History and Culture with Gary Carden

For more information on Elderhostel programs or to register, call 1-877-426-8056 or visit the website: www.mountaincenters.org/elderhostel.html



*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.*



**P.O. Box 1006
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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. The second Sunday of the
month is devoted to topic discus-
sions. Everyone is welcomed to at-
tend these services and light re-
freshments will be served.
A program is provided for older
children and childcare is available
for the youngest.

Layout & Editor: Susan Lawrence
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To have something included in the
newsletter, please email it to
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