



# UUCOB NEWS

NOVEMBER 2008



## 11/02 - "How Might We Live?" (All Soul's Day) - Rev. Pat Guthmann Haresch

If you knew you had several weeks to live, how would you spend that precious time? Would it be any different than what you do in a typical week? How and why might it be different? How might we change our approach to each day, right now, so that we might say like Amelia Burr, "Because I have loved life, I shall have no sorrow to die." 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.

## 11/09 - "Gratitude" (Annual Intergenerational "Thanks Giving" Table Service) - Janice Lane

Janice will reflect on the topic of gratitude and lead us in our annual "Thanks Giving" Table service. All ages, individuals, households are welcome to bring offerings for the sharing table. You may bring something of meaning or value, whether baked items, jewelry, books, toys, poetry. You may say a word about the treasured object, then leave it to be taken home and appreciated by someone else in the congregation.

## 11/16 - "The Tao of Everyday Living" - Rev. Patricia Guthmann Haresch

"Knowing others is wisdom;

Knowing the self is enlightenment.

Mastering others requires force;

Mastering the self requires strength." (from the Tao Te Ching)

The Tao Te Ching (pronounced dow day jing), perhaps meaning "The Way of Virtue," is a centuries old Chinese text attributed to Lao tzu meaning "Old Master." Join Rev. Pat in exploring some of the themes of this Way which profoundly influenced how our minister describes matters of religion, the spirit, and even patterns found in community and science.

## 11/23 - "Guest Speaker - Clark Plexico"

Clark Plexico, President of International Strategies, Inc., and a former North Carolina State Senator (4 terms), has many years of international experience in business and education, including over a decade of living and working in the Middle East, Europe and Asia. Clark will share insights he has gained with respect to his cross cultural experiences overseas and especially with regard to his interest in the Middle East.

## 11/30 - State of the Child - How are the Children?

**[Discussion Sunday & Light Brunch].** Panelists - Loretta Michael, Director, Children & Youth Partnership for Dare County Jennifer Wooten, Program Assistant, Friends of Youth Susan Ryce, Recruiter, Dare County Foster Care.

Often we think of the children at holiday time. Learn what these agencies are doing to serve children in Dare County not just during the holidays, but all year long. This will be a unique opportunity to ask some local service providers about your concerns about our children in Dare.



# FROM THE MINISTER

*Rev Pat Guthmann Haresch*

***Go forth into life.***

***Be daring and audacious  
enough to have hope.***

***Live in a way that makes love known and real***

***And stand on the side of love.***

***Dare to believe that grace is true.***

***And let nothing ever silence your song.***

(Rev. Mitra Jafarazdeh, Minister, Westside UU Church (WUUC), spoken July, 28, 2008, at the Knoxville Community vigil.)

At the Thomas Jefferson District (TJD) Growth Summit I attended in Chapel Hill the third weekend in October, Annette Marquis, TJD District Executive, led those gathered in worship and discussion, then we split into small groups recalling the Knoxville shooting on the morning of July 27, 2008. As you may recall, a gunman opened fire during a performance of a children's play at the Tennessee Valley Unitarian Universalist Church (TVUUC) resulting in the death of a TVUUC member and a WUUC member visiting TVUUC for the performance. Six adults were also injured, but no children were harmed. The gunman was tackled by congregants and taken into police custody.

The trauma of this even continues to be felt by those present that day in the sanctuary, other members

of TVUCC and WUUC, the Knoxville community, the UU trauma response team, the TJD staff responders, family and friends of victims and congregants, and all those who grieved in spirit and solidarity. At the Growth summit we signed two tablecloths with our prayers and best wishes for the TVUUC and WUUC congregations.

In hearing from lay people and ministerial colleagues alike, there are many strong lingering emotions and concerns, as well as great pride in the Knoxville congregations and the response made by our denomination and district. This event has led many to feel a stronger than ever commitment to Unitarian Universalism.

Congregations are wondering how they might still show support and provide assistance to the two congregations. They are wondering what their balance needs to be between security and keeping our doors open. How might they prepare for traumatic or violent emergencies? And have they created the kind of community network of support that came out in response to the congregations in the tragedy's aftermath.

The UUCOB Board affirmed my gathering a Trauma Response Task Force to consider what more we might do to prepare for hurricanes and medical and traumatic emergencies. I will be contacting those in the congregation who might have particular expertise and interest in assisting with this task force.

## MINISTER'S HOURS

Rev. Pat's usual Office Hours are 2-5 pm, Tuesday and Thursday, and 9 am-Noon on Wednesdays. She will be out of town this month from Monday, November 10 through Thursday, November 13, to attend her annual Fall Retreat of the Southeastern UU Minister's Association at The Mountain Learning Center in Highlands, NC

**“DON'T FORGET THE YARD SALE!”**  
**[Saturday, November 1st, 8:00am - 1:00pm]**



## FROM THE PRESIDENT

*Fran Green*

The busy holiday season is just ahead of us and that can be a frantic time of the year for many of us. As the final days of the upcoming elections approach, things seem to have taken such a negative tone that I am sure you join me in the desire for them to be over.

There is great uncertainty with regard to the economy. The downturn has affected most everyone, and has been particularly hard on the Outer Banks which has experienced difficulty with tourism, real estate and the construction businesses. Coupled with the issues over beach driving, the losses of the fishing industry over the past years, frustration with concerns about undocumented immigrants it seems overwhelming at times.

Out of all of this there must be some way to put a positive slant on things. Perhaps it will simply mean a return to times where we can enjoy life in a different way. It is a time where we will need to look after each other, spend our time together in friendship and rely on our congregation for strength and comfort.

### November Share-The-Plate: ANGEL GIFTS

For 20 years, the Outer Banks Women's Club and Dare County Social Services have paired up to provide holiday presents for Dare County children in need. "Angel Gifts" will be UUCOB's share-the-plate recipient for the month of November.

### News from the Young Side

(Okay, I'm not talking about myself here, I'm talking about the kids of the congregation!!)

After an extremely late start (I just could not let go of summer!) the RE committee has had a month of very fruitful meetings. We're now rearing to go and have much to share. As always, we are sad to lose some members – life goes on and people's lives are constantly changing and evolving, aren't they? We're also thrilled to welcome new members, especially Susan MacFarlane, renowned mother of four, lawyer and educator. Susan is kind enough to share her experience, knowledge and talents gleaned as one of the founders of a charter school, a Sunday school teacher and a mom.

Our own Rev. Pat has also been a huge force in our re-organization. Rev. Pat, Susan and I have been meeting and developing our newest curriculum. We will be presenting lessons based on the Millennium Development Goals (MDG's), as stated by the United Nations. A major goal of the MDGs is worldwide poverty reduction by the year 2015. Over 200 countries worldwide are represented in this global partnership. Responding to the world's main development challenges and to the calls of civil society, the MDGs promote poverty reduction, education, maternal health, gender equality, and aim at combating child mortality, AIDS and other diseases. Susan MacFarlane has previously taught this curriculum and Rev. Pat will be reviewing all aspects of the curriculum to highlight UU principles and include physical and quiet time activities .

While our core curriculum will revolve around the Millennium Development Goals, lessons regarding seasonal and religious holidays, as well as local concerns, will be interspersed appropriately. These lessons will mainly be pulled from our UU curriculum.

We are moving to a "team teaching" concept, where two teams of two or three teachers will be assigned to be responsible for lessons on alternating Sundays. Although each Sunday will still be covered by mainly one teacher, this assignment of Sundays will help to distribute the responsibility a little more. Also, the more interested people we are able to recruit to help on our teams, the more likely it will be that we are able to have several teachers each Sunday. If you are interested on being on one of our teams, we welcome you with open arms! "We will provide assistance and support, if you're hesitant about working with kids or being in front of an audience." It's actually a lot of fun and not challenging at all!



## *Treasurer Trivia*

*Chuck Purser*

The end of September completed 25% of our fiscal year, and we have collected 23% of planned income while paying out 23% of budgeted expenses. Normal expenses exceeded income by \$66 during the month. Our district and national dues remain unpaid and we're looking for successful fundraisers to get us back on track for these payments.

The uncertainty of the economy continues to have an adverse financial effect on the congregation, members, and friends. Together we can and will pull through this. We'll adjust where necessary and keep moving as we control our destiny.

Tuition for the "UUCOB sponsored temporary interanational students" has been disbursed to COA. As work and school schedules permit we hope the students will join us in some social activities.

Share the Plate for September was Crop Walk. A check for \$475.50 was presented to a Crop Walk coordinator, Jody Holcomb, on October 5, 2008.

As mentioned during a Sunday service, Bill and Peggy Birkemeier donated calendars to the church that have twelve art-quality Bill Birkemeier photographs for the months in 2009. There are two left. See the Treasurer at church or call his cell, 216-9119, and get a calendar for a \$14 to \$15 donation. Many thanks to Peggy and Bill.

## *Elizabeth City Artist To Exhibit Work In November*

*Opening Session for Art Show - November 9th, 11:45am*

Lynn Nash, native of Elizabeth City, will hang her latest work in oil, acrylic and mixed media in our sanctuary during November and December. Lynn says, "There is no time in my life that I cannot remember loving art and horses. These 2 passions have become more intense as I get older, and they are connected. My horses are a constant source of inspiration. To me, art is a magical journey that is ever changing and evolving. It often surprises me. The important things, I think, are to stay open to the magic, to keep growing, and to let the art happen. This is my goal, perhaps best embodied by this quote by Clarissa Pinkola Estes:

"I hope you will go out and let stories happen to you, and that you will work them, water them with your blood and tears and your laughter till they bloom, till you yourself burst into bloom."

## LUNCH WITH PAT

**Tuesday, November 4, 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. ***Please note this month that we will meet on the first rather than the second Tuesday as Pat will be on retreat the second Tuesday in November.***

In November, we will be viewing and discussing a segment from Bill Moyers' Journal regarding "hate talk," "shock radio" and featuring an interview with Rev. Chris Buice, the minister of Tennessee Valley Unitarian Universalist Church where during a special Sunday service in July, a gunman killed two and injured six people. To view beforehand see: <http://www.pbs.org/moyers/journal/09122008/watch.html>

After November, we will begin a series of discussions on what participants think might be the global and perhaps cataclysmic trends and changes that will be impacting how we live in the world and how we might respond as Unitarian Universalists. Please bring any suggested topics to the November session, so we may plan ahead.

The playground will be in use by the Montessori school. Accordingly, the porch and the offices may be available for supervised play. Anyone interested in a cooperative playgroup and/or finding a sitter together may contact Rev. Pat at UUCOB (252-261-2801).

## FROM THE BOARD

Fran Green

### Action Points from the October 7, 2008 Board Meeting

Friends of Youth was chosen to be the Share-the-Plate recipient for December.

The Board voted to change the monthly meeting date to the first Tuesday of each month. Meetings will be held in the Religious Education building since Weight Watchers will be using the Meetinghouse. There will be an exception for the November meeting. It will be held at on Sunday, Nov 2, 2008 in the Meetinghouse at 9:30 am.

The Peace Meditation Group has decided to meet at a new location in Manteo with hopes of improving attendance. The Board agreed to offer the group continued affiliation with UUCOB. Since the meeting the Peace Meditation Group has decided to no longer maintain their affiliation with UUCOB.

The Board reviewed a proposed "Becoming a Member" brochure from Nancy Proctor, Membership Chair, and suggested some revisions. Nancy and Rev. Pat are planning the schedule for orientation and other activities for those interested in becoming UUCOB members.

## District & UUA News & Events

### Rev. William Sinkford Prepares to Visit Africa

Find Out About Opportunities for Congregational Participation!

On November 4, 2008, Reverend William G. Sinkford, President of the Unitarian Universalist Association (UUA), will embark on a 19-day pilgrimage to visit six African countries: South Africa, Uganda, Kenya, Senegal, Ghana and Nigeria.

UUs around the world will be able to participate in the journey. You can learn about the people and places Sinkford and the pilgrimage will visit, read blog posts, news stories and reports, view pictures, and watch video recordings produced during the journey. Religious education classes and their adult guides and teachers can join in one of the live, interactive Sunday School webcasts with Reverend Sinkford, scheduled for November 9, 16, and 23. Additionally, you are invited to participate in the "Propose a Question" contest which will suggest topics for discussion when Sinkford meets with Archbishop Desmond Tutu, or Unitarian and human rights leaders in Africa.

To find out more about Sinkford's pilgrimage to Africa, visit <http://www.uua.org/news/sinkfordafrica/index.shtml>. To download a brochure on the trip, see [http://www.uua.org/documents/internationalresources/0810\\_africa\\_booklet.pdf](http://www.uua.org/documents/internationalresources/0810_africa_booklet.pdf). To find out more about the Sunday school webcasts (including broadcast times) see <http://www.uua.org/news/sinkfordafrica/119988.shtml>.

For more information, contact the UUA's Office of International Resources ([international@uua.org](mailto:international@uua.org)).

Elderhostel at the Mountain Retreat & Learning Center: Folk Songs & Folklore  
Highlands, NC  
November 16-19, \$390

### Elderhostel at the Mountain Retreat & Learning Center: Folk Songs & Folklore Highlands, NC November 16-19, \$390

Explore music and stories from Appalachia to the Adirondacks; from Scotland to Asia. Immerse yourself in the richness of folk songs and captivating tales collected around the world and presented through the spoken word, videos, and field recordings. Delve into the humorous ballads and spoken traditions of mountain people with an extremely accomplished musician, singer and storyteller. One of Appalachia's funniest men, a native storyteller, playwright, and teacher, will amuse and educate you with his personal experiences, folklore, and history of Appalachian life. His entertaining stories blend the poignant with the humorous.

To register call 1-877-426-8056 (toll free) or visit [www.elderhostel.org](http://www.elderhostel.org).

30th Annual Mountain Thanksgiving  
The Mountain Retreat & Learning Center, Highlands, NC  
November 26-30, 2008

# NOVEMBER 2008

| Sunday   | Monday  | Tuesday  | Wednesday  | Thursday                                | Friday  | Saturday   |
|--|---|--|--|---|---|--|
| 26<br>▼ 10:30a Status of Women in the World: United Nations Sunday (Discussion Sunday & Light Brunch) - Peggy Birkemeier<br>▼ 12:15p Healing Circle                                      | +ADD 27<br>▼ 7:30p Al Anon                                  | +ADD 28<br>▼ 9a Weight Watchers<br>▼ 2p Minister's Office Hours<br>▼ 5p Weight Watchers  | +ADD 29<br>▼ 9a Minister's Office Hours                                      | +ADD 30<br>▼ 2p Minister's Office Hours | +ADD 31   | +ADD 1<br>▼ 8a UUCOB Yard Sale<br>▼ 9:30a Edenton U Discussion Group |
| 2<br>▼ 9:30a UUCOB Board Meeting<br>▼ 10:30a "How Might We Live?" (All Souls Day)-Rev. Pat Guthmann Haresch<br>▼ 12p UU Perspectives of the Bible  | +ADD 3<br>▼ 7p Edenton Discussion Group<br>▼ 7:30p Al Anon  | +ADD 4<br>▼ 9a Weight Watchers<br>▼ 12p Lunch w/ Pat<br>▼ 2p Minister's Office Hours<br>▼ 5p Strategic Planning Committee Meeting          | +ADD 5<br>▼ 9a Minister's Office Hours                                       | +ADD 6<br>▼ 2p Minister's Office Hours  | +ADD 7<br>▼ 9a Planning Meeting for Community Memorial Service<br>▼ 7p Newcomer Reception | +ADD 8<br>▼ 9a Red Cross Training Session                            |
| 9<br>▼ 10:30a "Gratitude" (Annual "Thanks Giving" Service) - Janice Lane - Intergenerational Service<br>▼ 11:45a Opening Session for Art Show<br>▼ 12p Newcomer Informational Session #1 | +ADD 10<br>.....  | +ADD 11<br>▼ Minister Attending SEUUMA Fall Retreat .....  | +ADD 12<br>.....   | +ADD 13<br>.....                        | +ADD 14   | +ADD 15<br>▼ 9:30a Fair Trade Sale                                   |
| 16<br>▼ 10:30a The Tao of Everyday Living - Rev. PatGuthmann Haresch   | +ADD 17<br>▼ 7p Edenton Discussion Group<br>▼ 7:30p Al Anon | +ADD 18<br>▼ 9a Weight Watchers<br>▼ 3:30p Minister's Office Hours - Arriving Late (Mtg in Greenville)                                     | +ADD 19<br>▼ 9a Minister's Office Hours                                      | +ADD 20<br>▼ 2p Minister's Office Hours | +ADD 21<br>▼ 7:30p Jewish Service   | +ADD 22  |
| 23<br>▼ 10:30a "Guest Speaker - Clark Piexico"<br>▼ 12p Newcomer Informational Session #2  | +ADD 24<br>▼ 7:30p Al Anon                                  | +ADD 25<br>▼ 9a Weight Watchers<br>▼ 2p Minister's Office Hours  | +ADD 26<br>▼ 8a UUCOB Men's Discussion Group<br>▼ 9a Minister's Office Hours | +ADD 27<br>▼ 2p Minister's Office Hours | +ADD 28   | +ADD 29  |
| 30<br>▼ 10:30a State of the Child - How are the children?<br>▼ 12:15p Healing Circle   | +ADD 1<br>▼ 7p Edenton Discussion Group<br>▼ 7:30p Al Anon  | +ADD 2<br>▼ 9a Weight Watchers<br>▼ 2p Minister's Office Hours<br>▼ 5p Strategic Planning Committee Meeting<br>▼ 6:30p UUCOB Board Meeting | +ADD 3<br>▼ 9a Minister's Office Hours                                       | +ADD 4<br>▼ 2p Minister's Office Hours  | +ADD 5  | +ADD 6<br>▼ 9:30a Edenton U Discussion Group                         |



# UUCOB EVENTS

## WORK OF HUMAN HANDS Fair Trade Shopping Extravaganza!!! Saturday, November 15 from 9:30-2:30 UUCOB Meeting House

Come shop for fair trade items made around the globe and support fair trade initiatives, just working conditions, and UUCOB!! All proceeds will go directly to UUCOB, which accounts for 40% of all items (except edibles which account for 30%). Please come and shop for beautiful fair trade gifts, housewares, instruments, tapestries, jewelry, coffees, teas, chocolates and more handmade items from artisans and farmers living in developing regions of the world. With each purchase, you help artisans maintain steady work and sustainable income so they can provide for their families, help improve working conditions and provide access to education and healthcare for artisans and their families. Fair Trade shopping promotes hope and justice with every purchase!!

In addition to the sale on November 15th, we will be accepting early catalog orders so that you may browse the wonderful array of items available and place an order directly with us. Again, all proceeds will directly benefit UUCOB!! Catalogs and order forms can be picked up on the back table in the UUCOB meetinghouse. Please have your orders ready on November 2nd so that we can try to have them in by the sale date. We are able to accept cash and checks only. Please contact Rev. Pat (261-2801) if you are interested in helping provide music, baked goods, or serve coffee.

If you have any questions please call Michel Sanchez or Heather Demarest at 202-4792 or 473-6457 (Theraroma shops number) and we will be happy to help you!

Thank you for supporting Fair Trade and UUCOB and we look forward to seeing you at the sale on Saturday, November 15th! Come and enjoy the fair trade coffee, a bake sale, and live music which will also be provided!!!

## UUCOB HEALING CIRCLE

**Sunday, November 30th. 12:15 pm**

Our healing circle begins with a centering meditation. We then 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 on Sunday November 30th 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 sunseacarth@gmail.com, Michel at malamed-din@aol.com or Janice at naturegirl@aginet.com. You can also reach Pat at 261-2801 during office hours.

## CROP WALK

### Appreciation To All

On Sunday, October 19, fifteen UUCOBers and friends braved brisk winds to walk and/or volunteer for hunger awareness and relief globally and locally. UUCOB raised over \$800. Thanks to all. Our walkers and volunteers included: Jerry Cook (Steering Committee), Florence Burnham, Bob Green, Fran Green, Rev. Pat Guthmann Haresch, William Haresch & friend, Boyce Harwell, Mary

Blanche Harwell & friend, Nick Hodsdon (Musician), Jody Holcomb (Recruiter), Sarah Munson, Michel Sanchez (Recruiter), and Sawyer Sanchez.

## HELP LOCAL FOOD BANKS

### THIS THANKSGIVING

As local food banks prepare for Thanksgiving Baskets & Bags, please consider this list of requested non-perishable items from Beach Food Pantry: Cranberry sauce, Green Beans plus another vegetable, Soups, Applesauce or other fruit, Sweet potatoes, Canned pumpkin pie and evaporated milk, Cake mix and frosting, Turkey gravy, Corn muffin mix, Boxes of Jell-O, Instant potatoes, and Stuffing.

You may leave items for Beach Food Pantry in the Meeting-house foyer. Thanks to Barbara Goulet for her continued delivery of our monthly collection to Beach Food Pantry.

## UU PERSPECTIVES ON THE BIBLE

**Sunday, November 2, Noon (following service)**

Who wrote the Bible? What are the contemporary interpretations and thinking about the Bible, especially among liberal religious thinkers and UUs? What is its relevance for our times? What have been Unitarian and Universalist views of the Bible over the centuries? What did you always want to know about the Bible, but were afraid to ask?

Join Rev. Pat in beginning a series of explorations into Jewish and Christian scripture from a UU perspective.

## 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 child-care is available 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 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@embarrasmail.com](mailto:jodliston@embarrasmail.com)

*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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