



OUTER BANKS

Celebrating 20 Years!

UUCOB NEWS

SEPTEMBER 2007



UUCOB 1st Annual Endless Summer Beach Party!

Sunday, September 9 after the
Water Ceremony Service
(weather permitting)

Kitty Hawk Beach access near
Black Pelican Restaurant

Bring yourselves, your family
and whatever else you need
for fun on the beach.

SEPTEMBER SUNDAY SERVICES

9/2: Limitations of Mathematical and Scientific Systems & the Vitality of Religious Inquiry

Board member Dennis Tromba

The "caretaker of buildings and grounds at UUCOB", will present a lecture on the limitations of mathematical and scientific systems and the vitality of religious inquiry. With a free use of demonstration, and perhaps a little theatre, Dennis hopes to engage both the intellect and the imagination of the audience. If you have not attended one of Dennis's services, you are in for a treat.

9/9: Like Water Flowing From Me to You

Rev. Pat Guthmann Haresch

**Intergenerational
Homecoming/ Water Communion/
Child Dedication/ New Member
Recognition**

Rev. Pat will lead our annual Homecoming/Water Communion service that will include New Member recognition and Child Dedications. 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. If you would like your child dedicated during the service or if you are thinking of becoming a member of UUCOB, please contact Rev. Pat (Office - 261-2801)

9/16: Jihad: Struggling to Do Right

Rev. Pat Guthmann Haresch

The Arabic term jihad means to strive or struggle. Striving to live a harmonious and moral life in the midst of all the opposing influences and distractions in the world. Seyyed Hossein Nasr, Professor of Islamic Studies at George

Washington University, notes jihad's "translation into holy war combined with the erroneous notion of Islam prevalent in the West as the 'religion of the sword' has helped to eclipse [the term's] inner and spiritual significance and to distort its connotation." Rev. Pat will explore some of the history behind the term jihad as well as the inner struggle we may all have to live and do right in the world.

*At noon CUUPS will celebrate
the Harvest Ritual.*

9/23: Lay led Discussion and simple snacks

9/30: Poetry and Jazz Sunday

Lay led

Just what is poetry anyway? Is it necessary to define it? How important is poetry in our day-to-day lives? What role can poetry and other forms of literature play in helping us, as Unitarian Universalists, live a life committed to our beliefs and principles? You are strongly encouraged to revisit your bookshelf and select a poem or two (or write one yourself!) that you would like to share with the congregation.



Simple Second Sunday

The after church brunch on the second Sunday of each month will be a "Simple Second Sunday Brunch". Everyone is invited to bring simple foods to share.

FROM THE MINISTER

Because I just moved and with the upcoming UUCOB yard sale, of course I'm thinking about stuff. With all the moves I've made in my life, I have repeated a quote a zillion times as best as I can recall from Albert Einstein, "Every possession I own is like a rock around my neck." But, most of these "rocks" of ours, have a story connected to them. Regardless of their usefulness for daily living, some are simply pretty. However, many of these rocks seem priceless as they are reminders of loved ones who are long gone and the generosity of friends. Perhaps there are great stories as to how these objects ended up in our lives. It is the story and the associated memories of each object that can sometimes make them so difficult to part with. Other times the bad associations make it very easy to part with these rocks.

As we look forward to the yard sale, remember the change of the season is a great time to do some housecleaning and clear away items that weigh you down. Start fresh and donate generously to the UUCOB yard sale. Not only will the congregation benefit through donations and purchases, but you will be treating the Earth well by reducing, reusing, and recycling. You may be helping out someone else who might not otherwise be able to afford whatever rocks or treasures you donated to the sale. But also remember these items have a story. Stories of how they were made, perhaps stories of how

they were given, were used, of association with loved ones. Perhaps at the yard sale we will create new stories to be associated with the treasures we find and bring to our homes.

There are many directions these lines of thought could go about our associations with possessions, but in relation to our yard sale, the following poem comes to mind from "Hunger Enough: Living Spiritually in a Consumer Society," edited by Dr. Nita Penfold, a professor of mine from seminary, a UU spiritual educator, and an artist.

if it ain't been in a pawn shop
(by Debra McCorkle Wells)

*if it ain't been in a pawn shop
if goodwill didn't tag it
if it wasn't dickered down
for pocket change at a yard sale*

*if it hasn't been loaded
and unloaded
from some stranger's
rusted out '72 ford pickup
parked at a flea market*

*if it's shrinkwrapped
in virgin plastic
and smells of formaldehyde
insecticide
fungicide
or windex with ammonia-d*

*if the upc code is scanned
by an expensive laser
which belongs to a computer
which belongs to a*

*corporate billion
dollar logo
printed on t-shirts
made in Haiti
and worn by
urine-tested
god-fearing
flag-waving
fingerprinted
fifteen cents above
minimum wage
slavebots*

*i'd rather avoid it
i'd rather not trust it
i'd rather wash the stains off
my thrift shop bargain
thankyou*

*and live with the blemishes
made accidentally
by other humans
unknown to me*

*i need a ragtag
recycled
secondhand
reincarnated
connection to my stuff
it's gotta have some
soul to it
it's gotta have a story
even if it's a secret
even if no one remembers
even if no one cares*

*i wanna look at my things
and know that
I can't pretend that
There is anything
new in this world.*



LUNCH WITH PAT

Tuesday, September 11

Noon to 1:30 PM

**UUCOB Meeting House
B.Y.O. Lunch & Beverage**

You are invited to join Rev. Pat, our minister, and other UUCOB members and friends (generally a group of 8-10) for lunch, socializing, and conversation. In July when we met last, we had discussed the many themes that the life and writing of Peace Pilgrim inspired.

In September, we will listen to a clip provided by Jerry Cook from the Movie "ONE." (www.onetheproject.com.) The "ONE" filmmakers wondered what might happen if a diversity of people were asked a similar set of questions. Individuals interviewed included Deepak Chopra, Barbara Brodsky, Riane Eisler, Thich Nhat Hanh, Father Thomas Keating, a young homeless man named Chris Willis and others,

We will listen to a portion of the interview with Sadhguru Jaggi Vasudev,

a realized Master, Mystic, and a Yogi. He developed Isha Yoga and has established Isha Yoga Centers in India, the USA, and Lebanon. For more info, visit www.ishafoundation.org.

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



September is always a time of change here on the Outer Banks. It is the time for those of us who live here permanently to reclaim our cherished spit of sand. The huge influx of visitors has diminished, and the pace of life slows. September is also the month when those who have traveled, or were just too busy to participate in UUCOB activities, will return to us. A heart felt farewell to those vacationers we will miss, and a hearty welcome to those who will be joining us again!

At the end of September I will also conclude the third month of my service as your president. This has been a very rich and rewarding time for me. The opportunity to communicate so frequently with so many has been energizing and fulfilling. So, I have given a lot of thought to the ways in which we communicate.

In addition to working with Susan Lawrence, Bob Green and the Board on the development and of a Directory of UUCOB members and friends, I have been thinking about the various announcements we make throughout the month. Our newsletter provides published announcements; the weekly email update goes to many members and friends and announces upcoming events. We put announcements in the Order of Service, and we make announcements verbally on Sunday mornings. We

also have a bulletin board on the back wall of the meetinghouse for events which may be of interest to members and friends. Whew! That's a lot of announcing!

Sometimes we are asked to announce an event or meeting in either the newsletter or the weekly email update which is not a UUCOB event. Decisions were made recently to decline such items for both the newsletter and the email update. Neither of these items were UUCOB events although they likely were of interest to some of our members and friends. Similarly, announcements are sometimes made during church for events that are not specifically UUCOB related, but may be of interest. The situation begs for guidelines and I would like to outline the following which the board has discussed and agreed upon:

The Newsletter does not accept advertising, paid or unpaid. Any announcements should be limited to UUCOB, TJ District or UUA events and meetings.

The weekly email update will list our upcoming UUCOB services, events, and meetings if I receive them before Wednesday evenings.

Announcements in the Order of Service will continue to be limited to UUCOB, TJ District and UUA events and meetings.

Verbal announcements during the Sunday service may elaborate on those announcements printed in the

order of service. They may be used to promote UUCOB events and meetings or to get volunteers for UUCOB needs.

When there are announcements of community events which might be of interest, perhaps a mention of the event with an offer to be available for details following the service would be appropriate and would leave more time for our program. This is also an opportunity to use the bulletin board to display materials related to upcoming community events.

I believe that if we adhere to these guidelines we will find that our written announcements will be consistent and our spoken announcements will not take so much time that we find we need to cut our services short to end on time. Thanks for your cooperation with these guidelines.

Next month, I will be asking another board member to introduce themselves through in this column. I hope that you are enjoying learning more about our dedicated board members.

LENDING LIBRARY - HELP!!

Are you interested in helping to get our lending library in the Meetinghouse into shape?

Rev. Pat will be reviewing books that have been stored in the shed and what's on the lending shelves to determine what we may wish to keep and what we may wish to contribute to the UUCOB yard sale.

If you would like to assist in the effort and in updating the sign in/sign out system, please contact Rev. Pat (261-2801).

Thanks to UUCOB Friend, Nick Hodsdon who has agreed to be the "point person" for non-perishable items for the kitchen and office. If you see that we are running low on paper goods for the kitchen or office supplies please contact Nick at 473-5783, or see him on Sunday after the service.

Nick has also offered to looking into having "fair traded" coffee on hand. More about that later.

If perishable items are needed, the Sexton for the day should let Fran Green know. This would include such things as sugar, sugar substitute and creamer.

OBCUUPS CORNER

Fall Equinox Harvest Celebration with potluck

Sunday, September 16, 2007 at 12 NOON- directly after the morning service

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



DRUMMING AT THE BEACH!!!

During the Summer, the drum circles will be held at the Ashville Beach Access, MP 7, in KDH beginning at 7:00 PM All levels welcome and drums will be available for those who don't have any. Come drum, dance or just hangout and enjoy the rhythms by the sea!!!

OBCUUPS is excited to announce its new schedule!

Outer Banks Covenant of Unitarian Universalist Pagans will now be holding rituals on the solar events of solstices and equinoxes only. We will be celebrating these during September, December, March and June for the upcoming year. Our ritual time is also changing from 6:00 PM to 12:00 Noon.

We look forward to these new times and hope to see you there!

UUCOB'S PEACE
MEDITATION GROUP
OF THE OUTER BANKS



Friday, September 14
6-6:30 PM



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

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

May Peace Prevail on Earth . . .

UUCOB is Having a Yard Sale!

The UUCOB Yard Sale will be Saturday, September 22nd. We need many volunteer hands:

- Thursday 9:00 a.m. September 20 to sort,
- Friday 9:00 a.m. September 21 to price and
- Saturday September 22 to cashier and clean up.

Please contact Jennifer if you can help – we need you for this important fundraiser!

Not only do we need you, we also need your stuff!

Large items: plan to bring large items on Thursday or Friday night prior to the sale.

Clothing: though not traditionally accepted for the UU yard sale, nicer clothing will be accepted if it is already marked and priced. Be sure that prices are clearly displayed on the items. Hotline's donation forms have suggested pricing for clothing if you need guidance.

Books: we'll accept books of all kinds.

Small items: there is some room in the storage shed for smaller items. Small items will be accepted on the Thursday and Friday nights prior to the sale.

Thanks for considering!



NOTES FROM THE BOARD

August 2007 Meeting Action Items

The board observed a moment of silence to consider the aftermath of the bridge collapse in Minnesota, noting that both the minister and a board member had close connections with the area.

Background information regarding special funds and reserves were reviewed. Appropriate disbursement possibilities for these funds were considered both for short term and long term planning.

The Board approved the purchase of a new sound system for the meetinghouse.

A revised Letter of Agreement

for the minister was approved as submitted by the Committee on Ministry. This new agreement reflects the increase from “half time” to “two thirds time.”

The decision was made to limit the upcoming member/friends survey to material that would compose a directory. Additional surveying would be used to populate the database more fully.

The Board accepted the application form from the Community Action Council recognizing it as an official UUCOB Group.

While there was agreement not to participate as a congregation with the Hotline Festival of Trees Cookie Project, we will continue

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

to support the organization through Share-the-Plate.

Dennis Tromba's report on the nature and cost estimate of repairs to the Heron Pond building was reviewed and affirmed.

The decision was made not to post a hard copy of the Members and Friends contact information at this time. The outdated list in the office will be removed.

How many people does it take to make Sunday Services?

More than you would think! greeters, lay leaders, speakers, door unlockers, coffee makers, hymnal distributors, child watchers, RE teachers, musicians, refreshment bringers, cleaner uppers, and rearrangers to name a few.

Volunteers - we need you!

YOUR UUCOB BOARD OF DIRECTORS:

The following people now serve on the UUCOB Board. Remember, the board meets the first Wednesday of each month at 6:30 pm at the Meeting House. (September's meeting, however, will be on Thursday Sept. 6) All are welcome to attend. If you have an item to add to the agenda, please contact President Fran Green.

President	Fran Green	453-3955	museummom@charter.net
Vice President	Joan Liston	255-0252	jodiliston@embarqmail.com
Secretary	Megan Dillon	573-8385	indigo1824@yahoo.com
Treasurer	Chuck Purser	441-3750	purserchuck@yahoo.com
Buildings and Grounds Chair	Dennis Tromba	261-4393	dp Tromba@yahoo.com
Communications Chair	Sherrie Lemnios	261-4648	beacherrie@earthlink.net
Finance Chair	Laura Gilson	255-0657	jlgilson@earthlink.net
Membership Chair			
Programs Chair	Nancy Proctor	453-0955	nancy@theproctors.info
Religious Education Chair	Monika Lupean	261-2251	m slupean@msn.com
Minister	Pat Guthmann Haresch	261-2801	minister@uucob.org

DISTRICT & UUA NEWS & EVENTS

THOMAS JEFFERSON DISTRICT

Planning for a strong UU presence at the 2007 NC Pride festival has already started. We hope to repeat our past success of having more than 100 folks, representing at least 20 congregations, march in the NC Pride Parade on Saturday, September 29. (See <http://www.NCPride.org> for more information.)

Come help us tell our story of being a constant and bright light in the midst of religious intolerance. (We haven't named our theme yet -- but it will be close to this.) As UUs we have a lot to be proud of and a story to share with the many who are searching.

Marching with a large group of UUs demonstrating our core values is so inspiring! Please consider having your congregation represented -- reserve the date now, and let everyone know we do want a strong presence. We hope again to get lots of families and first time marchers. In addition to participating in the parade, we will once again have a booth where we (you) can meet many great and inspiring younger folk.

NC PrideFest Day 2007 Festival and Parade - "Pride not Prejudice"

Saturday, September 29, 2007
Duke University East Campus
in Durham, NC



Women's Weekend Retreat at The Mountain Retreat & Learning Center

Highlands, NC
Sept. 7-9, \$138 per person
(Includes program, lodging and meals -- from dinner on Friday through breakfast on Sunday)

Do you need a weekend of community, renewal, and laughter in the Blue Ridge Mountains? Do you need time away from the daily rush? If you do, we invite you here to relish time to relax and connect with other women, take short hikes in the lush Nantahala Forest, experience a guided labyrinth walk, and delight in healthy, delicious food.

Imagine sitting around a campfire with other amazing women as we discuss the roles we play in our communities and how we can help create peace. Picture standing on the tower under the stars or sitting on Meditation Rock at sunrise. The views from The Mountain are ideal for contemplation, relaxation, and inspiration.

So, take a weekend for yourself, meet new friends, and return home feeling physically, spiritually, and emotionally rejuvenated.

For more information or to register, please contact The Mountain Office at 828-526-5838, ext. 0.

18th Annual Gay Spirit Visions Conference



The Mountain Retreat & Learning Center, Highlands, NC
Sept 13-16

Is there a SPECIAL significance in the number eighteen? Who were you at 18? Who are you today? What is your story? Conference will feature columnist and author Andrew Ramer, UU Lay Minister, Duncan Teague & Arnie Vargas, a holistic psychotherapist. For more information go to <http://www.gayspiritvisions.org/retreats.htm>.

Youth and Young Adult Service Weekend

The Mountain Retreat & Learning Center, Highlands, NC
Sept 21-23, \$90 per person

Youth and young adults throughout the country are contributing to peace initiatives and social action. The Mountain wants to act as a catalyst for this important involvement. Throughout the year, we will facilitate young adult and youth programs focused on justice, leadership, peace and service -- both at The Mountain and off-site at congregations, universities, and community centers. These dynamic programs will include experiential activities, artistic expression, and opportunities for discussion with an overall focus on better understanding self and world so that we may contribute in a meaningful way to our communities.

For more information, call the The Mountain's General Services Office at 828-526-5838.

UUCOB CALENDAR • SEPTEMBER 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 ▼ The Goddess Divine, Chip Hedenburg ▼ 12p Monthly Art Show Reception and Discussion	27 ▼ 9a Minister's Office Hours ▼ 7:30p Al Anon	28 ▼ 9a Weight Watchers ▼ 6p Weight Watchers	29 ▼ 9a Minister's Office Hours ▼ 4p Dare County Literacy Council	30	31	1 ▼ 9:30a Edenton UU Discussion Group
2 Dennis Tromba: The limitations of mathematical and scientific systems and the vitality of religious inquiry. 	3 ▼ 9a Minister Out of Office - Holiday ▼ 7p Edenton Discussion Group ▼ 7:30p Al Anon	4 ▼ 9a Weight Watchers ▼ 6p Weight Watchers	5 ▼ 9a Minister's Office Hours ▼ 10a Grocery Delivery ▼ 4p Dare County Literacy Council	6 ▼ 8a Minister Out of Office - Dare County Minister's Association ▼ 10:30a Minister's Office Hours BOARD MEETING	7	
9 ▼ Rev. Pat Guthmann Haresch: Like Water Flowing From Me to You (Homecoming/Water Communion (Intergenerational)) ▼ 11:30a Keep it Simple Second Sunday Refreshments	10 ▼ 9a Minister's Office Hours ▼ 7:30p Al Anon	11 ▼ 9a Weight Watchers ▼ 12p Lunch With Pat ▼ 6p Weight Watchers	12 ▼ 9a Minister's Office Hours ▼ 4p Dare County Literacy Council	13	14 ▼ 6p The Outer Banks Peace Meditation Group	15 ▼ 9:30a Edenton UU Discussion Group
16 ▼ Rev. Pat Guthmann Haresch - Jihad: Struggling to Do Right ▼ 12p OBCUUPs Harvest Ritual	17 ▼ 9a Minister's Office Hours ▼ 7p Edenton Discussion Group ▼ 7:30p Al Anon	18 ▼ 9a Weight Watchers ▼ 6p Weight Watchers	19 ▼ 9a Minister's Office Hours ▼ 4p Dare County Literacy Council	20 ▼ 9a Minister's Office Hours ▼ 9a UUCOB Yard Sale Sorting	21 ▼ 9a UUCOB Yard Sale Pricing ▼ 7:30p Jewish Service	22 ▼ 6a UUCOB Yard Sale
23 ▼ 12p Monthly Art Show Reception and Discussion	24 ▼ 9a Minister's Office Hours ▼ 7:30p Al Anon	25 ▼ 9a Weight Watchers ▼ 6p Weight Watchers	26 ▼ 9a Minister's Office Hours ▼ 4p Dare County Literacy Council ▼ 7p OBCUUPs Drumming at the Beach	27 ▼ 9a Minister's Office Hours ▼ 9a Minister's Office Hours	28	29

You are invited to bring in a piece of your own art work or other creative work (crafts, photography, poetry, etc.) to display throughout the meeting house this month. You may also bring in a creative item that is not your own work, but which you would like to share.

OUR PRINCIPLES

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

The inherent worth and dignity of every person;
Justice, equity and compassion in human relations;

Acceptance of one another and encouragement to spiritual growth in our congregations;
A free and responsible search for truth and meaning;

The right of conscience and the use of the democratic process within our congregations and in society at large;

The goal of world community with peace, liberty, and justice for all;

Respect for the interdependent web of all existence of which we are a part.

SUNDAY PROGRAMS

All services are held at 10:30 am. The second Sunday of the month is devoted to topic discussions. Everyone is welcomed to attend these services and light refreshments will be served.
A program is provided for older children and childcare is available for the youngest.

LINK YOUR GROCERY DISCOUNT CARDS FOR CHARITY – EVEN FOR UUI

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

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

The mission of the Unitarian Universalist Congregation of the Outer Banks is to be a focal point of enlightenment, enriching our spiritual lives and enhancing the quality of life in our community.

Our meeting house is located at the corner of Kitty Hawk Road and Herbert Perry Road. It is one mile west of Highway 158 at about milepost 4.

Newsletter Editor: Susan Lawrence

Assistant Editor: Joan Liston

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



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