



## AUGUST SUNDAY SERVICES

### 8/5: With Our Own Two Hands

*Rev. Pat Guthmann Haresch & the Community Action Council*

If we want to make a difference in the world, even in our small corner of the world, it can seem too much to do alone. What if we joined together? Perhaps in the unified and dynamic workings of voluntary groups is really where the only positive change occurs anyway.

Join the minister and a group of UUCOB members and friends in presenting possible areas of focus for congregational activities in the next 6-12 months. Do we wish to focus our energies in ocean conservation/preservation, affordable living, substance abuse prevention, becoming a "Green Sanctuary," something else? Which one of these stirs your heart and passions and would lead you to action?

### 8/12: One Traveler's Observations

*Sarah Munson  
Discussion Sunday*

Journey Toward Wholeness is the name for the UUA's anti-oppression, anti-racism, multicultural initiative. There are several paths on this journey - one to dismantle racism, others to eradicate heterosexism and abolish ableism, and to combat economic injustice. JTW is a process for transformation that includes programs, resources and strategies that contribute to our denomination's anti-oppression efforts. On August 12, Discussion Sunday, I will share milestones of my own journey, particularly on the anti-racism path. Questions I've been challenged to answer include "What is "racism?" How does it differ from "prejudice?" What makes it difficult for white people to undertake this journey? How do white people become allies of people of color? What steps can a congregation take to address anti-racism? I will also provide a bibliography of resources.

### 8/19: Honoring and Remembering Animals

*Rev. Pat Guthmann Haresch  
Intergenerational Service*

Throughout history, animals have held a special place of meaning in the lives of humans. Sometimes creatures to fear, subdue, and exploit. Yet also, figures of worship, spiritual guides, protectors, life companions. Let this Sunday be a Sunday to celebrate and remember those animals who have been important in our lives. All ages are invited to bring pictures or objects and stories to share, to help us remember special animals from our past or in our present lives.

### 8/26: The Goddess Divine

*Chip Hedenburg*

Chip Hedenburg explores alternatives to the paternalistic religions that typically cast men in the dominant role. This service will look at history, worship, and current beliefs and practices about the Goddess, particularly as represented in the many of the traditions in the Sixth Source. Chip has been an active member of UUCOB since 2000. He has served on the Board and on numerous Committees including Welcoming Congregation and Ministerial Search.

He also helped in forming the CUUPS Chapter at UUCOB. He is currently on the Social Action Committee.

## THANK YOU!

*Many thanks to Boyce and Mary Blanche Harwell for hosting a UUCOB picnic at their Manteo home on July 15. In addition to the beautiful setting, they provided burgers and hot dogs plus a variety of drinks. Being together on the Sound gave those who attended the opportunity to strengthen friendships and enjoy the outdoors.*

-Fran Green



### 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

I don't know if you have ever been to the kind of lake I have only seen in the Northern woods of Minnesota, Wisconsin, or Michigan. Where the trees meet the shores with few sandy beaches to create a dappled, shaded, more protected, embracing feel. Where the water is so clear you can see to the bottom until you are way out to the deepest parts of the lake. Where fish are jumping and plentiful, you hear the call of the loons especially at sunset, bald eagles have been spotted, and great blue herons dive and thrive. This is the kind of lake my family has been visiting every summer since I can remember. This is the kind of lake I have been lounging by and playing in with my family during my vacation in July as I write to you.

A couple of nights ago at sunset, I sat on the end of a dock with my niece. We were leaning against each other shoulder to shoulder dangling our feet in the water. My teenage niece, the actress, writer, and prize-winning artist pointed out how the rising moon in the dusty blue and pink sky was flashing in the water and how much she wanted to paint the mosaic pattern in the waves.

Just a few days before, I had been in that anxious place of realizing that the summer was half over and I was

letting it slip by without enjoying it enough, going to the beach and sightseeing enough. Now I couldn't be less anxious.

On my return

May I remember to play

Stop to watch the waves, the sunset, and the moon rise more often

May I let a leisurely wind

Blow my list of things to do away every once in awhile.

May there be those summer days like I had in childhood

When I lost all track of time

The end of the day seemed to come too soon

And we pleaded to our parents

"Just one more round"

Of Blind Man's Bluff, or football or tag or whatever

May you, too,

Allow yourself the luxury of blissful summer moments

Time in the garden

Time on the beach

Time in the water

Time with loved ones

Until the tyranny of the clock

Loses its hold on you and the day.

May it be so.

Blessed be, Rev. Pat



## UUCOB 101:

### *A Refresher & Introduction to UUism & UUCOB*

Sundays, 8/5 & 8/19, Noon to 1:30 pm

Bring your own lunch ~ RSVP

Childcare provided upon request

Pat, our minister, will lead two sessions for newcomers to become more acquainted with Unitarian Universalism, the UUA, and the Unitarian Universalist Congregation of the Outer Banks. Although intended for newcomers, any UUCOB members or friends are invited to attend.

#### **Session #1, Sunday, 8/5**

- Roundtable introductions, getting acquainted
- History of Unitarian Universalism & UUCOB
- Unitarian Universalist Association & Thomas Jefferson District resources & events
- General questions for the minister

#### **Session #2, Sunday, 8/19**

Learn how to become a member of UUCOB and how to become more involved. How might your passions and talents assist the work and fellowship of the congregation?

There will be a New Member Recognition during the Sunday morning program on September 9.

In order to prepare enough materials for this course and have a sense of ages and of how many children will be needing childcare, please RSVP Rev. Pat at [minister@uucob.org](mailto:minister@uucob.org) or 261-2801.

## LUNCH WITH PAT WILL BE BACK IN THE FALL!

"Lunch W/ Pat" was initiated at first to provide UUCOB members and friends with a weekday opportunity to better get to know our new minister. These sessions have turned into thought-provoking discussions on a wide variety of topics.

Several of those who have regularly attended will be away during the usual meeting time in August, so we will not be having a "Lunch W/ Pat" in August. We will,

however, resume meeting on the second Tuesday of each month at noon time beginning again in September.

Suggested and requested topics for future sessions have included: Faith vs. Belief; Guilt; and "The Tao of Pooh." Contact Pat (261-2801; [minister@uucob.org](mailto:minister@uucob.org)) with any other topics you would be interested in discussing or if you would like to lead a discussion on a particular topic.

# FROM THE PRESIDENT



*Greetings to all! I hope that you are having an enjoyable summer.*

*Sherrie Lemnios is one of our new UUCOB Board members and I have asked her to use this space to introduce herself to everyone. While Sherrie is somewhat new to UUCOB she has a long standing connection with the Outer Banks. I think you will enjoy learning more about her.*

Hello - I'm Sherrie Lemnios and I'm the new Director of Communications and Social Action. I moved to the Outer Banks 21 years ago to take a job as a therapist at Albemarle Mental Health Center after getting my Master's degree in Social Work at UNC. I met the man who would be my husband 3 weeks later. He had moved here just a few months earlier from Suffolk, VA. We raised his two sons and I have a daughter from my first marriage. Eventually he helped me in my craft business of Gytaku (fishprinting) and we opened a retail business in Nags Head, "Something Fishy." He passed away two years ago of colon cancer and we sold the business. I was able to buy two rental houses from the proceeds and I owned one before.

Today, besides managing my rentals, I am co-leader of a Batters Intervention Group sponsored by Hotline, using my MSW degree. I have a Real Estate Broker's license and practiced for a while after selling the store. I practiced real estate in Chapel Hill and worked on several national surveys, interviewing people in their homes. This experience and volunteer work at Helpline (crisis intervention phone line) lead to my

returning to graduate school for a social work degree. I owned a store in Chapel Hill and have had many, many jobs in my life. The one thing that has been constant in my life is change and I like that.

I am Jewish, all my grandparents having come from Russia in the early 1900's. My father's father started a very successful coat and suit business in New York and my father and I spent years in the "rag business." I was raised on Long Island, was Bat Mitzvah'd and my father blew the shofar in the temple. Although I resonate with Jewish traditions, I always sought more meaning in life and started investigating Buddhism in high school. I was the first girl to get my ears pierced and wore a low pony tail and black turtlenecks so I earned the nickname "Little Beatnik." I straddled that line for years but was never a full-blown Hippie.

I studied dance and piano and play the piano at our church. I love to garden and I have chickens and a cat. I am the vice president of the Outer Banks Paddlers Club and have been canoeing and kayaking for 35 years. I volunteered at the Community Care Clinic for 13 months and now am going to be doing Respite Care. I



started a Bunko group for 12 women friends who enjoy a good time. I'm also one of the mermaids of the Outer Banks chapter of the Sweet Potato Queens started by our own Janice Lane. My 88 year old mother loves the Sweet Potato Queens and teaches painting classes in her home.

Although I had several friends in the congregation of UUCOB, I never really knew what it was. The first time I attended a service I realized that I had found a group of like-minded people, felt very comfortable and knew this was a place where I felt a spiritual connection.

As Communications Chairman I hope to get the word out to more people who may not know what we're about. I have started by getting information to the local papers on our current services each week. I am very happy to be here.

## UUS IN THE NEWS

**Chris Brennan and Julian Goulet's** team placed first in the co-ed grades six through eight division of the Outer Banks Youth Soccer Association.

In addition to opening his own private practice, "One Family Doctor," **John Haresch** is volunteering

his services to serve as the Interim Medical Director of Community Care Clinic of Dare and will also see patients at the Kitty Hawk clinic location.

**Evan Murray** graduated from the afternoon class of the Optimist Youth Sailing program in June at the North Carolina Maritime Museum on Roanoke Island.

# CONFLICT MANAGEMENT POLICY

## ON THE LIMITATIONS OF MATHEMATICAL AND SCIENTIFIC SYSTEMS AND THE QUINTESSENTIAL VITALITY OF RELIGIOUS INQUIRY.

### Greetings

Under the auspices of the governing body of the U.U.C.O.B. I have been allowed time on Sept. 2 to present a lecture on the rather foreboding sounding topic featured above.

I have spent a good deal of time over the past ten years in the Math and Science section of the "Big Thread Book Store"\*. I have not been professionally educated in the inner workings of either mathematics or science and some of you my reading audience have a far greater range in the application of these disciplines than I. If you will, I have focused my attention on "the forest world in the mountain scape" and not on the particular nature of the trees themselves.

This subject matter is inherently complex; although the elements within can be made manifest without any "dumbing down" brought into the picture. With a free use of demonstration and perhaps a little theatre I plan to chart a course toward the foundation stones of mathematics and science within the narrow space of a twenty minute Sunday presentation.

### Help.

I know my subject matter but I do not know my audience.

How do I travel such a great distance in such a short time?

What in world do you my kind reader think about, when you think about, "Mathematics and Science"?

How does your understanding of mathematics and science play into your religious persuasions, if at all?

If you had one question to ask which dealt with the association between {mathematics and science} and {religious inquiry} it would be.....

I petition any interested parties to respond at [dptromba@yahoo.com](mailto:dptromba@yahoo.com) with their comments, questions, criticism. Any information is a grist for the tromba mill.

Sincerely,  
Dennis Tromba

*\* delineated in an earlier presentation to the congregation, this platonic entity continues to provide the essential background for any attempt on my part at formal communication to the congregation. I am one of many gate keepers of this store.*

As many of you know, our congregation has a Conflict Management Policy that has been in effect since April of 2006. Of course, it is our hope that we never have to invoke this policy. However, at our Committee on Ministry (COM) meeting in July, we agreed that many new members and friends may not be aware of this, or of who's involved and how it works.

While openness to a wide variety of individuals is one of the prime values held by our congregation, we affirm that UUCOB must maintain a secure and respectful atmosphere where individuals may feel safe physically and emotionally. Accordingly, the Conflict Management Policy outlines what to do when there is disruptive behavior on the Meetinghouse grounds or in the building.

When such behavior or personal conflicts occur, the hope is that in our Beloved Community individuals will be able to respectfully work things out among themselves. If not, Rev. Pat, Fran Green, our current President, Janice Lane, Chair of the COM, or the leader of the participating or responsible group or committee may be consulted and possible resolutions considered.

A Conflict Management Team comprised of the Minister or COM Chair, and two others appointed by the COM will be available when needed and outlined in the policy for mediation or resolution.

There are written steps that are covered in this policy to take corrective actions. Please contact Fran Green or Janice Lane if you would like to review a full copy of the Conflict Management Policy.

Also, please note that Rev. Pat would like to remind everybody that while office hours (M, W, Th, 9am-Noon) are the best times to meet with and contact her, she may make herself available outside of scheduled office hours by arrangement.

Janice Lane, COM Chair

### UUCOB'S PEACE MEDITATION GROUP OF THE OUTER BANKS



Friday, August 10  
6-6:30 PM



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

For further information, e-mail Heather at: [fensalir@charter.net](mailto:fensalir@charter.net) or call 473-5698.

**May Peace Prevail on Earth . . .**

# NOTES FROM THE BOARD

## July, 2007 Meeting Action Items

The Board approved the appointment of Megan Dillon to serve as secretary for the remainder of the term expiring June 08.

Plans for a Community Action Council were approved, pending submission of the necessary form. This group was formed following the workshops on social action led by the Rev. Pat Haresch.

A proposal from Barb Goulet was approved to proceed with

establishing "Care Rings" within the UUCOB community. Barb chairs the Caring Sub-Committee within Membership.

The Board reviewed the Share-the-Plate recipients for the new fiscal year. July's recipient is the Outer Banks Cancer Support Group and the August recipient will be the Allen Valpey Emergency Fund.

Second Sunday or "Discussion Sunday" will be moved to the fourth or last Sunday of each

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

month. This move is being made to avoid conflicts with several holidays and celebrations.



## HEADS UP!!

Watch your postal mail or email for an upcoming survey which will help us create a members and friends directory for UUCOB.

### 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!**

## UUCOB is Having a Yard Sale!

The date will be in September or October of 2008.

This is an important event for several reasons:

- It's a fundraiser and of course we need the funds
- It will rid us of the many items already stored in our shed and other places.
- Being a part of the Yard Sale Team is a fun way to spend some time together

If you're interested in the Yard Sale Team, please know that there are no meetings and no reporting – just good old fashioned hard work on the Friday before and Saturday of the Yard Sale date. Being part of the team also entitles you to a "special purchase opportunity" before the sale begins on Saturday. Please contact Jennifer [rjgilbreath@beachlink.com](mailto:rjgilbreath@beachlink.com) or 441-9165 by 8/1/07 to be part of the team. We'll select a mutually acceptable date once the team is in place.

Have contributions for the sale? There is limited space in our storage shed for smaller contributions. Any larger item donations will be gladly accepted the day before the sale. Traditionally, the UUCOB yard sale does not accept clothing as a contribution, but the Yard Sale Team will make that decision for this year.

*Thanks for considering!*



# DISTRICT & UUA NEWS

## THOMAS JEFFERSON DISTRICT

Gulf Coast Relief Volunteer service opportunity

Thomas Jefferson District and congregational leaders are invited to join a District volunteer trip to work on Gulf Coast relief from August 26 through September 1, 2007. (Note: Labor Day is Sept. 3, 2007) If you are interested in participating, please send an email to (amarquis@uua.org) and include your preferred telephone number.

Annette will contact everyone who responds, and will plan a conference call to work out the details. If you've thought about going but haven't been able to coordinate it, here is your chance.

Please also visit

[www.uusc.org/gulfcoastvolunteerprogram](http://www.uusc.org/gulfcoastvolunteerprogram) for general information about other UUA efforts to provide still-needed help.

## UUA: General Assembly 2007 ended June 24

More than 5,400 excited and dedicated UUs met in Portland at the annual gathering and important business meetings of our liberal denomination. UU University, held the two days before GA began, was well received. Workshops, worship, plenary sessions and fellowship were buttressed by the hearty exchange of ideas and enthusiasm for UUism.

Many sessions were recorded and can be selected for viewing by going to [uua.org/events/generalassembly/2007/27648.shtml](http://uua.org/events/generalassembly/2007/27648.shtml).

Your attention is especially called to Session 4049, Saturday, June 23, "The Pentagon Papers Then and Now:

UUs Confronting Government Secrecy," with Amy Goodman, anchor of independent news show, Democracy Now, as moderator, and panelists Daniel Ellsberg, Sen. Mike Gravel (D, Alaska) and Rev. Robert West, former President of the UUA. It's a riveting demonstration of the power of conviction.

And for a personal feel about GA, listen to four audio postcards, created by our own Krissa Palmer (fomer TJD District Administrator): Audio Postcards from Krissa Palmer.

## The Mountain Retreat & Learning Center Programs

Spiritual Practices for Peacemaking August 6-11

Appalachian Whitewater & Hiking Adventure! August 5-10 \$617

Nature Hiking in the Southern Appalachians August 12 -17 \$535

Hiking Adventures in the Southern Appalachian Mtns August 19-24 \$535

Healthy Living through Nutrition & Exercise August 26-31 \$525

*For more information:*

*call 877-426-8056 or go on-line to [www.elderhostel.org](http://www.elderhostel.org)*

## 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. 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	<a href="mailto:museummom@charter.net">museummom@charter.net</a>
Vice President	Joan Liston	255-0252	<a href="mailto:jodiliston@charter.net">jodiliston@charter.net</a>
Secretary	Megan Dillon	573-8385	<a href="mailto:indigo1824@yahoo.com">indigo1824@yahoo.com</a>
Treasurer	Chuck Purser	441-3750	<a href="mailto:purserchuck@yahoo.com">purserchuck@yahoo.com</a>
Buildings and Grounds Chair	Dennis Tromba	261-4393	<a href="mailto:dptromba@yahoo.com">dptromba@yahoo.com</a>
Communications Chair	Sherrie Lemnios	261-4648	<a href="mailto:beacherrie@earthlink.net">beacherrie@earthlink.net</a>
Finance Chair	Laura Gilson	255-0657	<a href="mailto:jlilson@earthlink.net">jlilson@earthlink.net</a>
Membership Chair			
Programs Chair	Nancy Proctor	453-0955	<a href="mailto:nancy@theproctors.info">nancy@theproctors.info</a>
Religious Education Chair	Monika Lupean	261-2251	<a href="mailto:msslupean@msn.com">msslupean@msn.com</a>
Minister	Pat Guthmann Haresch	261-2801	<a href="mailto:minister@uucob.org">minister@uucob.org</a>

# UUCOB CALENDAR • AUGUST 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 +ADD ▼ Pardon Me...Do You Have Change ▼ 11:45a Baby Shower for the Heards ▼ 1p Community Action Council Meeting	30 +ADD ▼ 9a Minister's Office Hours ▼ 9a Minister's Office Hours ▼ 7:30p Al Anon	31 +ADD ▼ 9a Weight Watchers ▼ 6p Weight Watchers	1 +ADD ▼ 9a Minister's Office Hours ▼ 10a Grocery Delivery ▼ 4p Dare County Literacy Council ▼ 6:30p UUCOB Board Meeting	2 +ADD ▼ 9a Minister's Office Hours	3 +ADD	4 +ADD ▼ 8:30a Long Range Planning Meeting ▼ 9:30a Edenton UU Discussion Group
5 +ADD ▼ Rev. Pat Guthmann Haresch & Community Action Council - "With Our Own Two Hands" ▼ 12p New Member Refresher and Orientation 	6 +ADD ▼ 9a Minister's Office Hours ▼ 9a Minister's Office Hours ▼ 7p Edenton Discussion Group ▼ 7:30p Al Anon	7 +ADD ▼ 9a Weight Watchers ▼ 6p Weight Watchers	8 +ADD ▼ 9a Minister's Office Hours ▼ 4p Dare County Literacy Council	9 +ADD ▼ 9a Minister's Office Hours	10 +ADD ▼ 6p The Outer Banks Peace Meditation Group	11 +ADD
12 +ADD ▼ Anti-Racism: Sarah Munson ▼ 11:30a Keep it Simple Second Sunday Refreshments	13 +ADD ▼ 9a Minister's Office Hours ▼ 9a Minister's Office Hours ▼ 7:30p Al Anon	14 +ADD ▼ 9a Minister's Office Hours ▼ 9a Weight Watchers ▼ 12p Lunch With Pat (Not Today) ▼ 6p Weight Watchers	15 +ADD ▼ 9a Minister's Office Hours ▼ 4p Dare County Literacy Council	16 +ADD ▼ 9a Minister - Not In Today	17 +ADD ▼ 7:30p Jewish Service	18 +ADD ▼ 9:30a Edenton UU Discussion Group
19 +ADD ▼ Rev. Pat Guthmann Haresch - Honoring & Remembering Animals (Intergenerational Service) ▼ 12p New Member Refresher and Orientation	20 +ADD ▼ 9a Minister's Office Hours ▼ 9a Minister's Office Hours ▼ 7p Edenton Discussion Group ▼ 7:30p Al Anon	21 +ADD ▼ 9a Weight Watchers ▼ 6p Weight Watchers	22 +ADD ▼ 9a Minister's Office Hours ▼ 4p Dare County Literacy Council ▼ 7p OBCUUPS Drumming at the Beach	23 +ADD ▼ 9a Minister's Office Hours	24 +ADD	25 +ADD
26 +ADD ▼ The Goddess Divine, Chip Hedenburg ▼ 12p Monthly Art Show Reception and Discussion	27 +ADD ▼ 9a Minister's Office Hours ▼ 9a Minister's Office Hours ▼ 7:30p Al Anon	28 +ADD ▼ 9a Weight Watchers ▼ 6p Weight Watchers	29 +ADD ▼ 9a Minister's Office Hours ▼ 4p Dare County Literacy Council	30 +ADD	31 +ADD	1 +ADD ▼ 9:30a Edenton UU Discussion Group

## 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](http://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](mailto:susan@boldprintdesign.com)



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