



**This Week's Service**



**Sunday, January 17<sup>th</sup> at 10:30 am**

**Join us on Zoom for this Sunday's service: "Monuments and Memories"**. All over the country, this has been a year of progress in dismantling some physical reminders of the false history that the Confederacy represented a noble "lost cause." But some structures that carry oppression forward are less straightforward to remove than a statue or a building name. Some of them have been on display in the recent chaotic political scene. Here in the Outer Banks, is there any legacy of white supremacy that we need to dismantle?

To join, click on the link below:

<https://us02web.zoom.us/j/83828448189>

Meeting ID: 838 2844 8189

To join by phone (audio only): +1 929 205 6099

**Rev. David's Quote of the Week**

**Spiritual teacher Howard Thurman wrote:** "There is a quiet courage that comes from an inward spring of confidence in the meaning and significance of life. Such courage is an underground river, flowing far beneath the shifting events of one's experience, keeping alive a thousand little springs of action."

This is a time that tests our courage. From a deadly illness that stalks even the most seemingly innocent of gatherings, to the hardships of economic contraction and social isolation, to a nation under an open threat of violent insurrection supported by its President, the dangers around us are real and seem pervasive. In this time as much as any you have ever known, may you remember and find in yourself the deep wellsprings of assurance Thurman speaks of: that life has meaning, purpose, and beauty; that it matters what we choose and what we do; that our relationships with each other, with ourselves, and with the Universe in which we live and move and have our being are sacred and sustaining.

**News & Notes**



**A Chance to Work for Justice**

**Forward Together, the UU Justice Ministry of NC, will be hosting an Action Hour event specifically for U.S. Congressional District 3 on Thursday, January 21st at 7:00pm on Zoom.**

**Join fellow UUs and other constituents across District 3 for a powerful hour of calls and letter writing.** Let's come together to denounce Rep. Murphy for failing to uphold our democracy and hold President Trump accountable for inciting the deadly attack on the US Capital. We will also call on our US Senators to convict President Trump. **To register, click: [Action Hour](#).**



**UUCOB Board Meeting - Tonight  
Thursday, January 14 at 6:00 pm.**

Meetings are open to members of the congregation. If you would like to attend or if you have something you would like to share, contact **Jennifer Gilbreath** at [jenniferatuucob@gmail.com](mailto:jenniferatuucob@gmail.com) or **David Molher** at [dwmolher.dm@gmail.com](mailto:dwmolher.dm@gmail.com).



**Do you know a NC caregiver who needs a break from their caregiving duties?**

**NC Lifespan Respite Program has respite vouchers available for eligible caregivers who have not received any publicly funded respite in the past 3 months!**

**The caregiver may be eligible to receive a Respite Voucher Award if he or she:**

- Is not receiving any *publicly funded* in-home care, adult day care or respite? (neither caregiver nor care recipient may be receiving any...)
- Has not received any publicly funded respite in the past 3 months?
- Is an unpaid caregiver over age 18 and spending many hours taking care of a loved one?
- Is showing signs of exhaustion and/or mental fatigue?
- Is taking care of someone who is ANY age? (from age 1 to over 100!)
- Would be able to find and be comfortable with hiring an agency or eligible individual who could take care of the loved one so that the caregiver could reenergize him or herself? AND
- Is capable of completing required paperwork and returning it on time for reimbursement?

**Applications must be submitted by a referring agency. Contact: Gail Sonnesso at 252-480-3354, as GEM is a referring agency.**

**Share the Plate – JANUARY**



**One half of all Sunday morning offerings will be donated to...**

**Outer Banks Cancer Support Group** –providing moral support to cancer survivors and their families and transportation to and from nearby treatment facilities.

**To donate: Visit our website: [www.uucob.org](http://www.uucob.org) and click on the DONATE button.** After you specify the amount, you will have the option to select "Sunday Morning Offering"

**UUCOB Member Spotlight on...**



**Nancy Byrne**

**How long have you lived in the Outer Banks?** Since 1976.

**Besides the Outer Banks, where else have you lived?**  
Pennsylvania....Dutch Country

**Talkin' bout your generation. Your Age Range?** 65 and over

**My family consists of:** Charlie, my husband, and I, and two indoor cats and one outdoor cat. I have two daughters, both married, living in Richmond, Va., and three grandchildren living in Richmond.

**Occupations and/or volunteer work:** Retired....I was a nurse, hospice volunteer coordinator, then massage therapist, and Trager body movement therapist. I volunteer with the food pantry, and Forward Together NC, and here and there as needed.

**Favorite leisure activities, hobbies, interests are:** Nature nurture, sewing, water sports, playing with my grandchildren, reading and books....latest favorite book.... Mary Oliver's Devotions, which is full of wonder.... images and feelings.

**For me, the UUCOB is...** A place to share music, to have the freedom to grow and explore, to expand my ability and capacity to live and love.

**Please include any Board position you have held or any volunteer work you have been a part of at UUCOB.** Program Chair, Pianist, Religious Education, Secretary.



**Looking for participants for Spotlight column**

It just takes a minute or two to click this link [UUCOB Members & Friends Q & A](#), and answer a few questions. Then, at the end of the form, simply click "submit". Thanks!

**Connect with UUCOB**

**Unitarian Universalist Congregation of the Outer Banks**  
831 Herbert Perry Road Kitty Hawk, NC  
Website: [www.uucob.org](http://www.uucob.org)  
Facebook: <https://www.facebook.com/UUCOB/>  
Instagram! Follow us at: [@uucob](https://www.instagram.com/uucob)

For a list of our current Board members: [UUCOB Board](#)