



This Sunday's Service



Online Sunday Service:
August 30 10:30 am
streamed live from the Sanctuary with Rev. David

Please join Rev. David Morris, Worship Associate Bryan Jones, and Musician Sherrie Lemnios on Zoom for this week's service, "Dry Spell." What is it like when the wells that feed our inspiration and hopefulness seem to run dry? What wisdom can we rely on; what can we learn as we pass through the desert seasons? **Join us on Zoom:**
<https://us02web.zoom.us/j/82132436457> Meeting ID: 821 3243 6457

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

Looking ahead to September 6: There will be a lay-led, participatory service on "Recreating Ritual: Water Ceremony Part 1". Time to start thinking about rituals as well as water. What water is sacred or important to you and why. Also be thinking about how you want to share: a photo, art work, poem, story, or memory, etc. For the service, we ask you to consider this quote from Reverend Amy Zucker Morgenstern: "We bring water from the places of our lives."

At some future time, when we can again gather, we will have the more traditional ingathering water communion (Part 2) with Reverend David.

News & Notes



Small Group Ministry - Discussion Group Forming (outdoors on UUCOB grounds)

A note from Dennis Tromba: "In keeping with the fourth principle of Unitarian Universalism and with a hopeful eye toward the first of our sources of inspiration I invite those for whom 'an intellectual conversation' has some attraction to meet twice a month in the open air around dusk at the UUCOB.

In keeping with some of the best traditions flowing into our culture, (thank you, Socrates) each conversation will revolve around a single topic In order to get the ball rolling once I propose that our first topic of discussion be titled "The brain, the mind and.... the soul. The cultural roots of this inquiry are very deep with many cross currents of thought so no 'objective truth' will suddenly appear in our small corner of the world; although those who are willing to read, reflect, speak carefully and listen broadly may enjoy a meaningful conversation.

Under the present circumstances the time of day and environment proposed is pretty fixed; although which day of the week is chosen would be a matter of democratic choice. Interested parties are cordially invited to respond at dennistromba@gmail.com



UUCOB: Grief Support Group

Rev. David will begin facilitating a small, in-person support group before the end of this month, for members and friends of the congregation who are grieving the death of a loved one. Whether our loss is recent or has remained fresh and painful for years, the companionship of others who know the terrain of grief can be a comfort and sustaining gift for the journey. This group will be no larger than 10 including Rev. David, and will meet once each month in person on the porch or in the Sanctuary, as weather requires, with careful social distancing protocols. Day and time of the week will be determined among those who notify Rev. David that you would like to join the group.



A Note from the Building & Grounds Committee

We've lined up a knowledgeable, local tree service to complete long-awaited tree trimming around the UUCOB building. This work is scheduled for Saturday, August 29, so we should all plan to steer clear that day. And then be on the lookout for our new, cleaned-up look!

UUCOB – Creating Connections



This Week's Opportunities for Action:

Our next action involves enlisting "Voting Rights Business Champions" in partnership with YouCanVote.org. Do you know a local business that may want to help inform the public about how to register and vote? They will receive a kit of posters, magnets to distribute (or to add to take-out orders) and a large sign in English and Spanish supplied FREE. We are seeking helpers to put up signs and deliver kits. Can you help? If so, please email: [Laura Singletary](mailto:singletary003@gmail.com): singletary003@gmail.com

Friday Action Hour: Join **Forward Together** every Friday at 11am for an hour of connection, music and action. In the coming weeks, our actions will focus on the post office, spreading critical voter information, and acting in solidarity with the Movement for Black Lives. No need to register, just join on zoom via this link: <https://zoom.us/j/91029655107>

Important Reminder

HAVE YOU COMPLETED YOUR CENSUS?
Complete your census today to ensure billions for food & nutrition, schools, health clinics, & public transit in North Carolina!
BY PHONE: 844-330-2020 | ONLINE: my2020census.gov

Rev. David's Quote of the Week

Poet Christina Rossetti (1830 - 1894) writes:

"O ye who taste that love is sweet,
set waymarks for the doubtful feet
that stumble on in search of it.
Sing hymns of love; that some who hear
far off, in pain, may lend an ear,
rise up, and wonder, and draw near.
Lead lives of love; that others who
behold your lives may kindle too
with love, and cast their lot with you."

We often say that our life, not our words, is our true statement of faith. Knowing this, it's useful every now and then to ask: Does my life testify to the sweetness of love? Could someone learn, from watching my life, what it means to honor the inherent worth and dignity of every person, to respect the interdependent web of existence? Would it be an attractive testimony?

August Share the Plate



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



ICO's vision: Bridging the Gap: Where no one will face an emergency crisis alone.

Spotlight on...



Each week, a UUCOB Board member Q & A will appear here.



Jennifer Gilbreath, President

UUCOB history: In the past, I have served as President and Religious Education Chair. I may have served as Vice-President as well but I can't remember for sure. I've been a member for a very long time and I'm getting old so the memories feel a little foggy.

How long have you lived in the Outer Banks?
30 years. Yikes!

Besides the Outer Banks, where else have you lived?
Illinois. I came from farming and factory stock with a little splash of railroad worker as well.

My family consists of:
Partner Steve, sons Ethan and Dagen who are now grown but used to toddle out to "Go Now in Peace" at UUCOB

My occupation or volunteer work:
Conservation Coordinator with The Nature Conservancy at Nags Head Woods

My favorite leisure activities, hobbies, interests are:
I love being outside, spending time with friends and traveling. I'm definitely an exercise person and I've learned how to work out at home semi-effectively since COVID.

For me, the UUCOB is...
My spiritual home with my UU family. I say it often, but I really miss being there and seeing all of you in person. I'm looking forward to The Times After COVID.

Connect with UUCOB

Unitarian Universalist Congregation of the Outer Banks
831 Herbert Perry Road Kitty Hawk, NC
Website: www.uucob.org
Facebook: <https://www.facebook.com/UUCOB/>
New! UUCOB now has a presence on Instagram! Follow us at: @uucob