



This Week's Service



Sunday, September 26th at 10:30 am
In-Person at the Meetinghouse
(also, on Zoom)

Join Worship Associate Nellie Dixon and Musician Sherrie Lemnios in the Meetinghouse or on Zoom for this week's service: "The Spiritual and Scientific Experience of Yoga Nidra".

Mary Rawlins will guide a short yoga nidra meditation and discuss the ways this ancient, restorative practice continues to bring a sense of peace and calm to the lives of many. Yoga Nidra is a state of consciousness between waking and sleeping, like the 'going-to-sleep' stage, typically induced by a guided meditation.

To join online, follow this link:
<https://us02web.zoom.us/j/84945108473>

Meeting ID: 849 4510 8473
Passcode: 370660
Listen in by phone (audio only): +1 301 715 8592

Fostering Wonder, Creating Connections



Chalice Circles Return

Chalice Circles are small-group, facilitated, ongoing conversations about matters with some spiritual or philosophical significance that also connect with our own lives. They're a chance to connect with other UUCOB members and friends, and to explore more deeply together than we might do in a casual conversation. Groups meet every other week for approximately six weeks, with guidelines to help ensure that we have the chance to listen deeply to one another. Rev. David will facilitate one or two Chalice Circles (depending on interest) beginning in October. If you're interested, please contact him at revdamorris@gmail.com.

Working for Justice



UU members and friends are encouraged to participate in this important event...

NOTE: This event should not be promoted on social media.

Rev. David's Quote of the Week

Charles Taylor (b. 1931) wrote: "Individualism names what many people consider to be the finest achievement of modern civilization. We live in a world where people have a right to choose for themselves their own pattern of life, to decide in conscience what convictions to espouse, to determine the shape of their lives in a whole host of ways that their ancestors couldn't control... The dark side of individualism is a centering on the self, which both flattens and narrows our lives, makes them poorer in meaning, and less concerned with others or society."

The tension between individual freedom of belief and the needs of community, which sometimes ask us to surrender some aspect of autonomy, is deeply woven into the history of our Unitarian Universalist faith. Have you ever felt the conflict? What have been the gifts of releasing some individualism--or of holding onto it?

Share the Plate for September



This month, a portion of all Sunday morning offerings will be donated to...

Mustang Music Outreach –a non-profit organization whose mission is to supplement the deficit in today's schools' cultural arts programs by offering music lessons to community kids; and to cultivate their interest in music through world class, professional music performances, residencies and mentoring programs.

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

Art Gallery News



This Sunday, September 26...
Last day of Joseph Johnson Art Show

Sunday will be the last chance to purchase a lovely painting by our current artist, Joseph Johnson. Please see Sherrie or Gwen after the service if you are interesting in purchasing a piece.

And, next Sunday: There will be an opening reception for our new artist, Victoria Byers, on Sunday, October 3.

Connect with UUCOB

Unitarian Universalist Congregation of the Outer Banks
831 Herbert Perry Road Kitty Hawk, NC 27949

Email: info.uucob@gmail.com

For a list of our UUCOB Board members:
<http://www.uucob.org/governance/>

Please visit our website: www.uucob.org
Facebook: <https://www.facebook.com/UUCOB/>
Instagram: [@uucob](https://www.instagram.com/uucob)

COVID-19 INFORMATION For information on latest UUCOB Covid protocols, please visit our website: www.uucob.org