

This Week's Service



Sunday, November 7th at 10:30 am
A Virtual Visit on Zoom

There will be no service in the UUCOB Meetinghouse this Sunday, November 7, as Rev. David will be enroute to the Fall Meeting of the Southeast UU Minister's Association. Instead, we have been invited to make a virtual visit via Zoom to the UU Coastal Fellowship in Morehead City, NC.

It's a chance for our Tech Associates Bryan Jones and Cathie Feild to have a Sunday off, and allows us to meet their new Interim Minister, the Rev. Michelle Ma. Rev. Ma offers this service description:

"What Veterans Know" Please join us again at Fort Macon for another outdoor service, this time commemorating Veterans Day. We'll hear from some of the many Veterans in our congregation what they learned from their service and how that has informed their experience of Unitarian Universalism.

To join the service, follow this link:

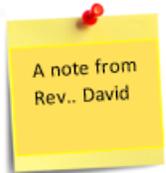
<https://us02web.zoom.us/j/81504295046?pwd=eDJFShJTZ2Nkd3g1M1krMnVaUm5KUT09>

Meeting ID: 815 0429 5046

Passcode: 995923

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

UUCOB News & Notes



A note from
Rev.. David

Saturday, Nov. 6th
through Tuesday, Nov. 9th

Rev. David's Travel to *The Mountain*: Rev. David will be on Study Leave (available for emergencies only by phone, text, or email) as he travels to the twice-a-year meeting of the Southeast UU Minister's Association chapter at The Mountain, our UU retreat center in Highlands, NC. Beginning Wednesday November 10th, he will be available during the meeting for more routine calls,



UUCOB Grief Group

Rev. David leads this group in exploring tools for understanding and doing the healing work of grieving.

The group meets on the 4th Friday of each month, **however for November and December, the meeting will be on the 3rd Friday due to the holidays.** Rev. David would like to invite any who wish to join the group for the first time to contact him at:

revdamorris@gmail.com.

Community News



Sunday, November 7th at 2:00 pm

Gail and Angelo Sonnesso of GEM (Gentle Expert Memorycare) would like to invite you to participate in their Annual Candlelighting event: *To Honor, To Remember, and Care.*

The event pays tribute to caregivers—the individuals who walk alongside loved ones that are living with memory loss. Care partners need a village of support.

[CLICK HERE](#) for details.

Rev. David's Quote of the Week

Irish poet and essayist John O'Donohue (1956 - 2008) wrote:

"No day is ever the same, and no day stands still; each one moves through a different territory, awakening new beginnings. A day moves forward in moments, and once a moment has flickered into life, it vanishes and is replaced by the next. It is fascinating that this is where we live, within an emerging lacework that continuously unravels. Often a fleeting moment can hold a whole sequence of the future in distilled form: that unprepared second when you looked in a parent's eye and saw death already beginning to loom. Or the second you noticed a softening in someone's voice and you knew that a friendship was beginning. Or catching your partner's gaze upon you and knowing the love that surrounded you. Each day is seeded with recognitions."

O'Donohue invites us to be attentive to the messages about the present and the future that each moment might be sending us. Another implication of the fleeting nature of the moments of our days is that each moment is alive with countless possibilities which might flow from it; no single possibility or outcome is inevitable. **How alert are you to the recognitions seeded in the moments of your day?**

Share the Plate for November



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

Room At The Inn - The Room in the Inn program provides hospitality, food, shelter, and some support services to homeless men and women on the Outer Banks during the cold winter months

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".

Looking Ahead...



What will you contribute?

The Worship Planning folks are looking forward to our 11/21 service "What Will You Bring to the Feast?", a service of gratitude for our abundance and sharing our gifts. We are so pleased that Angelo Sonnesso will be sharing his musical gifts with us that morning. And we will be giving all of you an opportunity to share your gifts as well.

As part of the service we will all (those present and those on Zoom) be asked to share a gift with the congregation, and will randomly receive one as well. **Some possible ideas: a home cooked meal, an hour of gardening, or tutoring, or financial/legal assistance, a favorite book, a painting or drawing, baked goods...use your imagination. What will you bring to the feast?**

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)



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