



This Week's Service



This Sunday's Service, November 29 , 10:30 am

Join Rev. David, Worship Associate Nellie Dixon, Musician Nancy Byrne at 10:30 AM as we share this week's service: "A Crack In Everything." Parker Palmer writes that everyone's heart breaks, and that the question is whether our heart is brittle and breaks apart, or is supple and breaks open, allowing for love and healing to enter. How do we keep a supple heart? Tech support for this week will be provided by Bryan Jones. **This week we're delighted to welcome members of the UU's of Coastal Georgia in Brunswick and the UU Fellowship of Statesboro, GA to our service, in exchange for our virtual visit with their congregations in October!**

To join us online, click on this link: <https://us02web.zoom.us/j/89296119207>
Meeting ID: 892 9611 9207 To join by phone (audio only): +1 929 205 6099

A Note About Our Sunday Services: This week, in recognition of the increased spread of Covid-19 in our area, and of the reality that during the Holidays it will be much harder for many of us to control our contacts outside our families, **we will resume streaming our services from our homes rather than the Sanctuary on Sunday mornings.** We'll still be live, and you'll still see the Meetinghouse and Sanctuary sometimes! Please bear with us as we adjust to the current situation, and join us in hoping that we'll be able to return to our beloved space and that sooner rather than later, risk will begin to decline again as more consistent and responsible leadership on the pandemic begins to take hold.

A Note from Rev. David



A Thanksgiving Reflection

This year, for the first time in twenty years, I won't be participating with my immediate family in a congregational Thanksgiving Dinner. The ongoing Covid-19 pandemic makes such gatherings, like so many beloved traditions, unwise. It's a loss, for sure. I know it's a loss for others as well. It's also an opportunity for my small family to enjoy a quiet Thanksgiving at home, a first for us. I'm grateful for that, even as I acknowledge the unwanted space created by giving up this tradition for this year.

I know that many of you are also feeling the loss of things you've loved to do for this and other holidays this year. May we hold each other tenderly in our hearts and thoughts. In our adaptations and alternative arrangements (a Zoom family gathering, a call to a friend who lives alone, a plate brought from a generous table to someone with scarcer resources, a bag dropped off to the Food Pantry) may we each find reason for gratitude even though things aren't as we might wish them to be. And may we find ways to reach out to those who need to hear, and to feel in practical ways, that they are not alone. As we give thanks for our blessings, may we seek to be a blessing in turn.

Happy Thanksgiving to you and to us all.

Share the Plate – November

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



The Outer Banks chapter of *Room in the Inn* is a church-based non-profit, located at the Ocean View Baptist Church, providing hospitality, food, shelter and support services.

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"

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/>
Instagram! Follow us at: [@uucob](https://www.instagram.com/uucob)

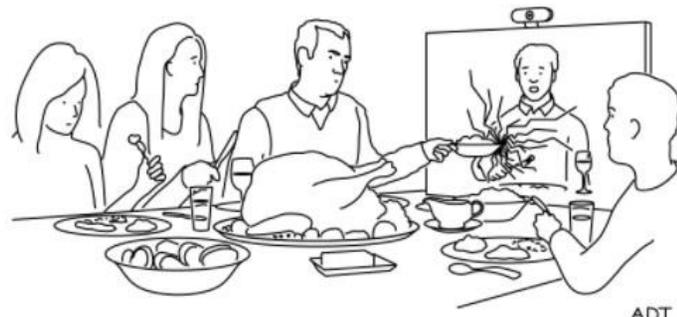
For a list of our current Board members: [UUCOB Board](#)

Rev. David's Quote of the Week

Theologian Isabel Carter Heyward (b. 1945) wrote: "Love, like truth and beauty, is concrete. Love is not fundamentally a sweet feeling, not, at heart, a matter of sentiment, attachment, or being "drawn toward." Love is active, effective, a matter of making reciprocal and mutually beneficial relation with one's friends and enemies. Love creates righteousness, or justice, here on earth... For this reason, loving involves commitment. We are not automatic lovers of self, others, world, or God. Love does not just happen. We're not love machines, puppets on the strings of a deity called "love." Love is a choice — not simply, or necessarily, a rational choice, but rather a willingness to be present to others without pretense or guile. Love is a conversion to humanity — a willingness to participate with others in the healing of a broken world and broken lives."

This Thanksgiving, I invite you to reflect on where in your life you have known--and given--the kind of love that is active and effective, "a willingness to be present to others without pretense or guile." How has love, received or given, affected your life? It's a good time to simply rest in gratitude for love in our lives. It's also a good time to wonder: How might the choice to love actively affect my life today?

A Little Thanksgiving 2020 Humor...



"Could you pass the cranberr_____"

UUCOB Member Spotlight on...



Kathy Jorgensen

How long have you lived in the Outer Banks? 3 years

Besides the Outer Banks, where else have you lived?
FL, RI, VA, MD, CA, NY, VI, Carrboro NC

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

My family consists of:
My brother, Peter, and some cousins

Occupations and/or volunteer work:
Retired from many fun jobs and then 37 years with Andersen Products (factory to GM). I also served my HOA as President, then Treasurer at Brighton Square and Treasurer for Beach House 4, volunteered at KDH Neighborhood Watch and KDH Kick Butt, Trash Attack and beach cleanups.

Favorite leisure activities, hobbies, interests are:
Exercise for health, yard work, listening to music, the beach, maintaining household & learning new things online in books.

For me, the UUCOB is...like food for the soul

Please include any Board position you have held or any volunteer work you have been a part of at UUCOB.
helped to promote the Cultural Crossroads program