



March 26, 2020

Unitarian Universalist Congregation of the Outer Banks



This Sunday's Service

Online Sunday Service
Sunday, March 29
 This week is Rev. David's Sunday out of the pulpit. Rather than ask a guest speaker or lay service leader to take on the technical tasks of creating online worship with Zoom, we invite you to visit the Church of the Larger Fellowship, the online congregation of the Unitarian Universalist Association, or one of the congregations listed below for their Sunday service this week.

UU Congregation of Fairfax, VA, at 9:15 and 11:15
 AM: <https://uucf.org/worship/streaming/>

Arlington Street Church, Boston, MA, at 11:00
 AM: <https://www.youtube.com/user/ASCBoston>

Church of the Larger Fellowship, available at different times: <https://www.questformeaning.org/worship/>

You'll get a chance to see how others are handling this new adventure of creating spiritual community online, and maybe you'll find some creative ideas to bring back to us!

Rev. David's Quote of the Week

Poet and spiritual teacher John O'Donohue wrote:

This is the time to be slow,
 Lie low to the wall
 Until the bitter weather passes.

Try, as best you can, not to let
 The wire brush of doubt
 Scrape from your heart
 All sense of yourself
 And your hesitant light.

If you remain generous,
 Time will come good;
 And you will find your feet
 Again on fresh pastures of promise,
 Where the air will be kind
 And blushed with beginning.

How are you finding ways to remind yourself to "lie low to the wall" during this time? Can you avoid trying to replicate every aspect of life "before sequestration" and remember to take time to ground yourself in your own most important sources of strength, courage, and inspiration? What is helping you to keep your sense of yourself, and how might you find ways to share your light with friends and family? How can we, your spiritual community, help you?

News & Notes



UUCOB's next online Sunday service, entitled "Life Goes On--Or Does It?" will be April 5th, and sign-in information will be available ahead of time. We will stay online for a virtual social hour after the April 5th service, so you'll have a chance to

hear each others' voices as well as seeing the gallery of beloved faces and names!



UUCOB Teatime with Rev. David

Join Rev. David and your UUCOB friends on Zoom for a chance to check in and share what's on our minds and hearts in this challenging time. We'll meet

Wednesdays and Fridays from 4:30 PM to approximately 5:15 PM. You can join from your computer or cell phone.

To join the **Friday** visit, click on this link:

<https://us04web.zoom.us/j/586641574>

If needed, enter the meeting ID: 586 641 574.

To join the **Wednesday** visit, click on this link:

<https://us04web.zoom.us/j/613253772>

If needed, enter the meeting ID: 613 253 772.



Families With Children Looking for resources? Want to keep up with UU children's activities even while our UUCOB Children's Program can't meet? Donna Mohler is reaching out to UUCOB families and will have some resources to share as well as a way to stay in touch with one another and share support and ideas both for spiritual exploration and conversation and for things to do at home together. Contact Donna at mohlerdonna1@gmail.com.

Sunday Offering/Share-the-Plate



Children & Youth Partnership's Family Literacy Program, formerly part of *Mano al Hermano*, serves the Dare County Latinx community, providing home-based tutoring and family support.

For online Sunday contributions, go to <http://www.uucob.org> and click on the DONATION button.

UUCOB's Virtual Poetry Slam

Gwen Taylor shares a quote by Kitty Meara:

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

Fred Wahl shares a quote by Robert Browning:

"Grow old along with me! The best is yet to be, the last of life, for which the first was made. Our times are in his hand who saith, 'A whole I planned, youth shows but half; Trust God: See all, nor be afraid!'"

Dennis Tromba shares an original reflection:

*Deaf to comment and mute to question
 these few words in unrelieved black and white
 invite your attention
 You cannot fall off the floor*

Submit your favorite poem, original or not, a inspiring quote, famous or not, or words of humor or joy to keep us connected. Send them to: susanatuucob@gmail.com

Reminder:

The UUCOB Meetinghouse buildings are closed to all activities (with the exception of the twelve-step groups who meet there each week).