

**This Week's Service**



**Sunday, April 2<sup>nd</sup> at 10:30 am**  
*In-Person & streamed live from the sanctuary via Zoom*



Please join Rev. Roger (in-person) and Worship Associate Gwen Taylor for a shortened Family Service followed by coffee and conversation. Meanwhile, the children will be next door at the Montessori School for a supervised religious education session with fun activities based on our UU principles.

**All members, friends, and guests are welcome to attend this family-centered service. Feel free to invite family and friends...[more info](#). The Family Service will be held every First Sunday of every month.**



To join us online this Sunday, [FOLLOW THIS LINK](#).  
Meeting ID: 838 0045 3066  
Passcode: 097426

To join by phone (audio only): 1 301 715 8592



**Share the Plate:** This month, a portion of all Sunday morning offerings will be donated to **OBX Coastal Humane Society**, an "all-volunteer charity supported entirely by community donations. Every contribution gives an OBX pet owner facing financial difficulties a hand in keeping their pet family members healthy and safe at home".

**On the UUCOB Calendar**



**TONIGHT, Thursday, March 30<sup>th</sup> at 7:00 pm**  
**Community Conversations series at UUCOB**  
**Sign up today!**

The evening includes a 15 minute video followed by a discussion facilitated in-person by Rev. Roger  
[more information here](#).



**Saturday, April 1<sup>st</sup> from 11:00 am to 2:00 pm at the Meetinghouse**

**UUCOB will be hosting the GEM's, Harmony Café**, a monthly program designed to improve the lives of the person living with dementia as well as their caregiver.

**We are asking for volunteers to come be a part of the program** that includes conversation, connection, exercise, music, and lunch. **We hope you'll come and be a part of the fun. Contact Nancy Byrne at 252-202-9392 or email: [byrne1153@gmail.com](mailto:byrne1153@gmail.com).**



**ACRYLIC PAINT POUR CLASS**  
**Thursday, April 27th - 1:00 - 4:00 pm**  
**Cost: \$25**

Our own Nellie Dixon, acrylic paint pourer extraordinaire, will teach different techniques to create unique flowing patterns. Each participant will go home with two exquisite pieces of art. All supplies will be provided, but you might want to bring your apron.

Registration and payment are due by April 17. [Sign up today](#).

**From the Desk of Rev. Roger**



Last Sunday, our reading for worship was "My Symphony" by the transcendentalist and Unitarian minister William Henry Channing. This is basically his credo statement, his response to the question: what makes a life worth living? You can read it here:

As part of our service, those gathered were invited to add a line so that together, we at UUCOB could create "our symphony." So without further ado, here is a UUCOB Symphony, written in one moment in time, 3/26/2023 in Kitty Hawk, NC at around 11:20 a.m.

- To love what is as it is
- To release that which I no longer need and take on what gives me life
- To always ask: What would love do
- To live content with small means
- To live with eyes, arms, and heart wide open
- To endeavor to be understanding of others who I don't agree with
- To observe without judgment, accept and act to spread openness and love
- To keep an open mind and open heart no matter what
- To forgive unconditionally both myself and others
- To be in nature observing birds, flowers and living water
- To learn to spanning a universe of emotions, the world as it was is no more
- To wake up everyday and see life for the miracle that it is
- To forgive the unforgivable but not forget the lesson taught from it
- To be strong enough after more pt to walk again
- To notice the beauty of nature, and let it soothe my soul
- To be grateful every day
- To find joy and meaning every day
- To listen
- To be outside
- To look for the miracle bird!
- Garden of life
- Bare feet
- Dirty hands
- Swim and dive
- To enjoy art and sport, especially football and basketball
- To care and practice kindness and give the benefit of the doubt. Also to eat healthy!
- To smile in chaos
- To be in peace in the world

Perhaps you weren't at service on Sunday. What line would you add?

**Connect with UUCOB**

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

Email: [uucobwebmaster@gmail.com](mailto:uucobwebmaster@gmail.com)  
Phone: 252-261-2801

Visit our website: <https://uucob.org/>  
Check us out on Social Media: [Facebook](#) or [Instagram](#)

[Contact Rev. Roger Butts](#).



Please see our [Calendar](#) for all meetings and events.

**Monthly Group Meetings:** For information on monthly Covenant Groups, please visit our website: <https://uucob.org/> and go to *Small Group Ministries* on the menu.