



**This Sunday's Service**



**Online Sunday Service:  
August 23 10:30 am  
streamed live from the Sanctuary with Rev. David**

Please join Rev. David Morris, Worship Associate, Gwen Taylor, and Musician, Nancy Byrne online for this week's service, "Long Distance Caring." How we are keeping connection with our families, friends, and communities when we can't be together? We'll share thoughts from several UUCOB members and friends along with the sermon, readings, and music. To join, follow this link:

<https://us02web.zoom.us/j/88675959413> Meeting ID: 886 7595 9413

To join by phone (audio only), use this number: 1 929 205 6099 US

**News & Notes**



**UUCOB Meetinghouse  
Reopening for Small Groups**

In keeping with a responsible plan for resuming activity in our Meetinghouse during the current phase of North Carolina's and the Outer Banks' reopening, the Board has reopened the Sanctuary on a very limited basis by permission only for a few small groups, no larger than 10. We are open for scheduled groups who have confirmed their gathering with our minister Rev. David Morris, Board President Jennifer Gilbreath, or Vice President David Mohler, in order to avoid overlap and maintain safety for all. There are specific requirements that groups must agree to in order to be permitted to use the Sanctuary, which will be shared when the meeting is scheduled.



**Grief Support Group Forming**

Rev. David will begin facilitating a small, in-person support group before the end of this month, for members and friends of the congregation who are grieving the death of a loved one. Whether our loss is recent or has remained fresh and painful for years, the companionship of others who know the terrain of grief can be a comfort and sustaining gift for the journey. This group will be no larger than 10 including Rev. David, and will meet once each month in person on the porch or in the Sanctuary, as weather requires, with careful social distancing protocols. Day and time of the week will be determined among those who notify Rev. David that you would like to join the group.

**UUCOB – Creating Connections**



**Get Involved with UU the Vote**

**UU The Vote – This Week's Opportunities for Action:**

Looking for a stay-at-home way to be involved with Social Justice issues? The Unitarian Universalist Justice Ministry of North Carolina (UJMN) can help. It only takes one hour.

To join us: All you have to do is Zoom in, and you will see a list of easy, impactful actions ready to go. Every Friday at 11:00 am-noon

Here's the link: <https://zoom.us/j/91029655107>

Along the way, you'll be accompanied by good justice music, fellowship, and support. It's easiest if you have a charged phone handy and sign into Zoom on a laptop or iPad. Now, every Friday, you can join Lisa Garcia-Sampson, UJMN Executive Director, with fellow UUs from across the state. She provides a list of social justice actions. You choose the ones you want to do.

**A few examples:**

- Call Senator Tillis to demand funding for the post office.
- Sign a petition in support of Black Lives Matter
- Contact Your US Representative by email and call on them to #SaveAsylum

Try it once and see if you're not hooked! We hope to see you there!

Your UU the Vote Team,  
Laura, Rosemary, & Nancy

**Just Sayin'**

Shari Lemnios would like to share this quote:

"Being human makes us equals. Being different makes us unique."  
unknown author

**Rev. David's Quote of the Week**

The myth of redemption by suffering has long been woven into the common understanding of Christianity and other faiths as well.

Contemporary writer Andrew Solomon (b. 1963) offers this counter-perspective: "It is not suffering that is precious, but the concentric pearlescence with which we contain it. The raw grit of anguish will never be in short supply. There is enough of it in the happiest life to serve these instructive purposes and there always will be. We are more sympathetic to Holocaust survivors than to malcontent children of privilege, but we all have our darkness, and the trick is making something exalted of it."

There are many ways we make pearls from our suffering: through lessons we learn, through our growth in compassion for others who suffer, through work we do to change the conditions that cause suffering, and more. Is there a time of suffering in your own life story--or even something you might be experiencing right now--which has been, or could be, transformed into something exalted?

**August Share the Plate**



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



ICO's vision: Bridging the Gap: Where no one will face an emergency crisis alone.

**Spotlight on...**



Each week, a UUCOB Board member Q & A will appear here.



Susan Pfaff, Communication Chair

**How long have you lived in the Outer Banks?**  
4 years.

**Besides the Outer Banks, where else have you lived?**  
Passaic, Fair Lawn, and Kendall Park (New Jersey)  
Middletown, Cincinnati, Cleveland (Ohio)

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

**My family consists of:**  
I live with my husband, Michael, and my dog, a cocker spaniel named Stanley. My daughter, Emily, her partner, Stephen, and my granddog, a Corgi named Esther, live in Durham.

**My occupation or volunteer work:**  
I taught pre-kindergarten for 29 years and worked with non-profit programs focusing on early childhood education for under-served children.

Since I retired to Nags Head, I volunteer as part of a team to administer a tutoring program for Latino elementary children and their families. And...I write the UUCOB newsletter and manage the UUCOB website, as well as other non-profit websites in the community.

**My favorite leisure activities, hobbies, interests are:**  
reading, writing, walks on the beach, playing mahjong, crossword puzzles, and hanging out with my amazing friends (when not in the time of Covid).

**For me, the UUCOB is...**  
...the place where I found like-minded, life-long friends when I moved to OBX.

**Connect with UUCOB**

Unitarian Universalist Congregation of the Outer Banks  
831 Herbert Perry Road Kitty Hawk, NC  
Website: [www.uucob.org](http://www.uucob.org)  
Facebook: <https://www.facebook.com/UUCOB/>  
Instagram: [@uucob](https://www.instagram.com/uucob)