

### This Week's Service



Sunday, September 12<sup>th</sup> at 10:30 am  
In-Person at the Meetinghouse  
(also, on Zoom)

Join Rev. David, Worship Associate

David Mohler, and Musician Nancy Byrne in the Sanctuary or on

Zoom for this Sunday's service: "Who Are We Now?" Our congregation adopted some changes to the ways we organized ourselves at the congregational meeting in June. What has actually changed? What's at the heart of the new way of looking at ourselves, and what does it ask of us?

To join online, follow this link:

<https://us02web.zoom.us/j/84945108473>

Meeting ID: 849 4510 8473

Passcode: 370660

Listen in by phone (audio only): +1 301 715 8592

To Our Families with Children: We're excited to announce the return of our Sunday morning childcare provider, Jessica Wilson. As the lead teacher at Heron Pond Montessori school, Jessica is a skilled childcare professional and we're delighted to have her back with us to provide active, caring attention for children on the playground or, if weather demands, in a Heron Pond classroom space. **Please note that masks are required for children indoors, as they are in Dare County Schools and for all adults indoors at the Meetinghouse.**

### Get Involved



Get involved with UU Justice N.C.

Forward Together

Join the Action Hour Community every Friday at

11:00am for Action Hour: Zoom Link: <https://zoom.us/j/91029655107>

To subscribe to the UU Justice NC's monthly newsletter: [CLICK HERE](#)

### UUCOB Contact Info

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

Email: [info.uucob@gmail.com](mailto:info.uucob@gmail.com)

For a list of our UUCOB Board members:

<http://www.uucob.org/governance/>

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



Theologian Howard Thurman (1899 - 1981)

wrote: "We may, all of us, have our moments when it seems that life is taking out all of its grievances upon us, that others around us are permitted to make their purchases at life's bargain counters while we are forced to pay and pay and pay all that the traffic can bear, and more. If this be our mood then there is no antidote quite like a central chuckle of the spirit. Humor may not be laughter, it may not even be a smile; it is primarily a point of view, and attitude toward experience — a tangent. It requires a certain quality of objectivity — the inspired ability to step aside and see one's self go by."

For some of us, a moment of laughter--whether it's wry and dark or quiet and gentle--is a way through life's hardest moments. For others, humor at an "inappropriate" moment can seem grating or thoughtless. What has worked for you? When you need to breathe for a moment, stepping aside from your attachment to things being as they "should" be, allowing yourself peace with how things are--what do you do? Where is your connection to the largest perspective you can imagine?

### Share the Plate for September



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

**Mustang Music Outreach** —a non-profit organization whose mission is to supplement the deficit in today's schools' cultural arts programs by offering music lessons to community kids; and to cultivate their interest in music through world class, professional music performances, residencies and mentoring programs.

To donate: Visit our website: [www.uucob.org](http://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 Online

Please visit our website: [www.uucob.org](http://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](http://www.uucob.org)