



This Week's Service



Sunday, November 28th at 10:30 am
In-Person and on Zoom

Join Rev. David, Worship Associate Gwen Taylor, and Musician Sherrie Lemnios in the Meetinghouse or online for this week's service: "Don't Let the Light Go Out" The first night of Hanukkah is this Sunday, November 28th. Each year we acknowledge the story and customs of Hanukkah, in recognition of our Jewish heritage and our Jewish members, friends, and neighbors. But does this "festival of light" have a spiritual significance we might learn from as Unitarian Universalists?

To join via Zoom, follow this link:

<https://us02web.zoom.us/j/84945108473?pwd=bHBITGtPcmdSVnVzREkwQzRGbGZ6UT09>

Meeting ID: 849 4510 8473

Passcode: 370660

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

UUCOB Reminders



From the November 11th Meeting

1) UU Justice NC has asked that UUCOB (as well as other congregations across NC) become a partner congregation. If the Board decides to take this step, they will be looking for a congregant to serve as liaison.

From the proposed UU Justice Partnership Agreement:

The congregational liaison will be the primary contact for UU Justice NC. This role includes receiving weekly information via email and helping to discern how and if the church will share information, and engage in UU Justice NC actions, campaigns, etc. If you might be interested in this position, please contact Rev. David.

2) Treasurer Lee Fallon is looking for a group of volunteers to help focus our financial goals and develop a long-range planning team. If you would like to help create a vision for our congregation's financial future, please contact Lee via email; leeatuucob@gmail.com.



Grief Support Group

Our UUCOB Grief Group continues to meet each month, offering companionship on the journey of loss and mourning and help in navigating the painful path. Our regular meetings are on the fourth Friday of each month from 1:30 to 2:30 PM in the Meetinghouse; in December we are meeting on Friday, December 17th to avoid holiday conflicts. If you would like to join this ongoing, open circle, please contact Rev. David.

From Rev. David...

A Quote and Reflection for Thanksgiving week:

This week, it's well worth engaging consciously in the decolonization of the Thanksgiving holiday by reminding ourselves that the rosy story of pilgrim settlers sharing bounty with their indigenous neighbors is a highly glossed version of a complex and challenging story. But I believe it's also an important part of that effort to reorient the holiday, not as a commemoration of colonial history, but as a national occasion for gratitude--a practice and state of mind that can be transformative for our lives.

In that spirit, I offer Jack Kornfeld's meditation on gratitude, and I hope that you have a peaceful, joyful Thanksgiving.

"Let yourself sit quietly and at ease. Allow your body to be relaxed and open, your breath natural, your heart easy. Begin the practice of gratitude by feeling how year after year you have cared for your own life. Now let yourself begin to acknowledge all that has supported you in this care:

With gratitude I remember the people, animals, plants, insects, creatures of the sky and sea, air and water, fire and earth, all whose joyful exertion blesses my life every day.

With gratitude I remember the care and labor of a thousand generations of elders and ancestors who came before me.

I offer my gratitude for the blessing of this earth I have been given.

I offer my gratitude for the measure of health I have been given.

I offer my gratitude for the family and friends I have been given.

I offer my gratitude for the community I have been given.

I offer my gratitude for the teachings and lessons I have been given.

I offer my gratitude for the life I have been given.

Just as we are grateful for our blessings, so we can be grateful for the blessings of others.

Share the Plate for November



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

Room At The Inn - The Room in the Inn program provides hospitality, food, shelter, and some support services to homeless men and women on the Outer Banks during the cold winter months

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
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Email: info.uucob@gmail.com

For a list of our UUCOB Board members:

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

Please visit our website: 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