
WEEKLY DIGEST

June 27, 2024

Unitarian Universalist Congregation of Wilmington

In the Church

- Sunday Worship, June 30
- Quest, June 30
- Share The Plate, June 30
- JUULIETs, June 28
- Sunday Flowers Requested
- Open House, July 14

Social Justice

On the Calendar



In the Church

Sunday Worship, June 30

Sunday Worship Service will be June 30 at 10:30am. Service Led by Thom Belote.

Spooky UU-ism: Did you know that the paranormal, the supernatural, the mystical, and the uncanny played a significant role in the development of early Unitarianism and Universalism? What if we regarded this not as a shameful secret or an embarrassment, but rather embraced these sources of transcending mystery and wonder?

To join via Zoom, please go to our website at www.uucwnc.org and click the link at the top-center of the page, or click on the following link:

<https://zoom.us/j/93934181063?pwd=SE5YUHREbnlVaHU3NWs2akh5ekErdz09>

Dial by your Location 1 929 205 6099 US (New York) Meeting ID: 93934181063.

Quest, June 30

9:15 in Dobkin Hall

Part III on Aging: Diet and Longevity with Heidi Kaufman

This is number 3 in the series on aging and lifestyle. In the first two, Bill Stewart discussed biological aspects and manifestations of aging as well as the ways exercise can positively improve health and wellness as we age. During this Quest, Heidi is wearing her hat as a nutritionist with considerable interest in the relationship between diet, diseases of aging, and the aging process itself. Some of the questions for exploration this Sunday are: Is there scientific evidence for a diet-longevity connection? Can diet influence the rate of aging? Are there specific foods and patterns of eating associated with slowing the onset of chronic disease and extending lifespan? We also hope to share with you some important diet and longevity discoveries we can all benefit from. Please join us as we learn how to eat to stay as healthy as we can for as long as we can.

Share The Plate, June 30

The Brunswick County Literacy Council's mission is to advance social and economic opportunities for underserved adults, 16 and older, by identifying and delivering literacy and other academic programming.

They offer one-on-one tutoring on reading, writing, and math skills, and help participants prepare for GED testing. Their tailored approach ensures that each adult student receives personalized attention and support to keep them engaged and motivated on their academic journey.

In addition, BCLC guides students in workforce skills and helps improve their employability. They also offer classes that are held for small groups in the Brunswick County detention center and all Brunswick County Literacy Council programs are free!

For more information, go to: <https://bcliteracy.org>

Thanks to your generosity, we just donated \$745.63 to the Cameron Art Museum's Kids at Camp Program.

JUULIETs, June 28

BACK TO LOVEYS TO BEAT THE HEAT!

The JUULIETs (Just Unitarian Universalist Ladies Interested in Eating Together) will meet for lunch on Friday, June 28, 2024, at 1:00pm, at Lovey's Natural Food and Cafe. Join us for lunch or just come to chat. We'd love to see you and enjoy your company. All women are welcome, JUULIETs is always open to new participants. One of the main purposes of the JUULIETs is to provide a ready-made social circle for women new to the congregation. This is an LGBTQ safe space event. We eat, we laugh, and we leave knowing each other a little bit better.

Lovey's is located at [1319 Military Cutoff Rd., Wilmington, NC 28405](#). The restaurant offers a variety of soups, hot foods made to order, and a well-stocked salad bar. The ingredients of each offering are listed on a card which also says

whether the dish contains meat, is gluten free, vegetarian and/or vegan. There's something for everyone!

Call or text Stacy Kitt with any questions: (518) 495-7436.

The next JUULIETs meeting will be on Friday July 26, 2024.

Sunday Flowers Requested

*Flowers always make people better, happier, and more helpful;
They are sunshine, food, and medicine for the soul.* Luther Burbank

Please support us in providing flowers for a Sunday service. A bouquet of live flowers, a growing plant, or a dried arrangement are all appropriate. The Flower Calendar is located on the bulletin board found in the hallway next to the restrooms. Sign your name and reason, if applicable, for giving the flowers. This information will be acknowledged in the Sunday video order of service.

Flowers should be delivered to the sanctuary by 10:00 Sunday morning and removed after service. If you have specific questions, please contact Sylvia at sybquinn@gmail.com. Thank you for helping create a beautiful, happier sanctuary space!

Open House, July 14

When: Sunday, July 14, 4-7pm

Where: 8505 Lakeview Drive, Wilmington, NC 28412

Hosts: Marlene & Tony Barney

Contact: 910.398.8662 (h) or 703.304.7623 (c)

Directions from UUCWNC:

- Turn LEFT toward College Road.
- Turn RIGHT on College Rd/Hwy 132, continue 4.6 miles.
- Continue straight onto Carolina Beach Rd/US 421 S. for another 4.6 miles
- Pass the red & white striped lighthouse and the Cape Fear Baptist Church on the right

- Turn RIGHT onto The Cape Blvd, (sign says Masonboro Country Club at The Cape) & continue for 0.8 miles on The Cape Blvd.
- At the next roundabout (Scanlon Dr.) take the 2nd exit onto Sedgley Dr. (3/4 around), continue for 0.7 miles.
- Turn RIGHT onto Lakeview Dr. at the 1st stop sign.
- 8508 Lakeview is on your LEFT

NOTE DO NOT take Sanders or River Road!

Those entrances are gated and require a key card.

ACCESSIBILITY AND PARKING: There are 7 stairs from the driveway to the front door. You can park in the driveway or along the street, opposite the house & along common area just past the golf path. PLEASE keep your tires off the neighbors' grass!

Social Justice

SPEAK UP:

Email Your State Legislator!!

Urgent Call to Action from Democracy NC - Tell Lawmakers to Vote No on HB 237.

"Anti-democratic politicians in the NC legislature are trying to ram through a bad bill that would make it harder for people, including those with medical conditions, to wear masks in public to protect their health. But the same bill would make it much easier for wealthy donors to mask their identities when pouring money into political parties, and from there into candidates' campaign bank accounts. HB 237 would tear down protections against the corrosive influence of big money in our elections. If it passes, our elections could be flooded by unaccountable cash from self-interested mega-donors, all while keeping North Carolina voters in the dark." [ACT NOW: Tell the legislature that we refuse to let wealthy political donors buy our elections in North Carolina!](#) (Only takes a few minutes-script provided!)

SHOW UP:

Help Register Voters with "You Can Vote"

June 29, 10:00 am – 2:00 pm, Castle Street Maker's Market,

[604 Castle St., Wilmington](#)

If you've been trained within the past 12 months, you can sign up for one of the 2-hour shifts on the YCV website under events: <https://youcanvote.org>. If you missed our YCV training at UUCWNC on June 17, you can still sign up for one of their virtual trainings **tonight, June 27**, from 6:00-7:00 pm. **Remember to report** both your involvement in the training *and* registering voters on our Action Report Form at <https://tinyurl.com/UUSJM>.

CELEBRATE JUNETEENTH:

Saturday, June 29, 11:00 am – 2:00 pm: Juneteenth Workshop with Jaki Shelton at Cameron Art Museum

SAVE THE DATE!!

The Long March for Unity & Justice

Sunday, September 29 - Wilmington

The Beloved Community Center, with over 50 social justice partners, are organizing an historic 10-day march across North Carolina, beginning with two rallies in the western part of the state (Cullowhee, NC and Asheville, NC) on Friday, Sept. 20; then traversing the state with rallies in 9 other locations; and culminating with a rally in Wilmington, on Sunday, September 29 in Wilmington. The mission of this monumental endeavor is to create a compassionate and more just NC through 5 core objectives:

- **GROW** and **MAKE VISIBLE** the urgent need to join with others to build a powerful statewide transformative movement for truth, justice, healing, and reconciliation; a movement that impacts not only NC but also the nation.
- **HEAL** deep divisions & and growing wounds from our past.
- **UPLIFT** issues connected to communities.
- **MOBILIZE** communities to promote voter education and increase civic engagement.
- **FORGE** people's power and **TRANSFORM** oppressive systems and structures.

To learn more, visit their website at:

<https://belovedcommunitycenter.org/news/the-long-march/>

Stay tuned for more details as we get closer to the date!

JOIN US:

UUCWNC Social Justice Ministry

Monday, July 8, 5:30-7:00 pm

The next meeting of the Social Justice Ministry of the UUCWNC will be **in person** in **Dobkin Hall**. For more information about our Social Justice Ministry or any of these announcements and events, contact Michael S. at mjsheridan08@gmail.com.

UU Justice NC's Friday Action Hour

Friday June 28, 11:00 am – 12:00 pm

Join Rev. Lisa Garcia-Sampson and other UUs around the state to learn what social justice issues are currently happening and how we can act! Review this week's actions here: [Google Doc](#), and join **here**: <https://us06web.zoom.us/j/87452791684>

STAY INFORMED:

If you are interested in showing up for justice in New Hanover County and around the state, sign up for our **UU Action Alert**. The Action Alert emails will notify you about late-breaking rallies, marches, demonstrations that miss the deadline of the weekly UU Digest. Contact Peter Rawitsch at rawitschp@mac.com to be added to this important email list.

On the Calendar

6/27/2024	11:00 AM	Movement Class (D)	Dobkin Hall
6/28/2024	1:00 PM	JUULIETs (O)	off campus
	1:00 PM	Mah Jongg (D)	Dobkin Hall
6/30/2024	9:15 AM	Quest (D)	Dobkin Hall
	10:30 AM	Sunday Worship (S&Z)	Sanctuary & Zoom
	10:30 AM	Youth Religious Ed	Classrooms
7/1/2024	11:00 AM	Movement Class (D)	Dobkin Hall
7/2/2024	6:00 PM	Campus Planning Committee (C2)	Classroom 2
7/4/2024	11:00 AM	Movement Class (D)	Dobkin Hall
	11:30 AM	ROMEO Lunch (O)	Off Campus
7/5/2024	1:00 PM	Mah Jongg (D)	Dobkin Hall
7/7/2024	10:30 AM	Sunday Worship (S&Z)	Sanctuary & Zoom
	10:30 AM	Youth Religious Ed	Classrooms
	11:30 AM	MHC Food Collection	Dobkin Hall



To get your event on the calendar, send an email to office@uucwnc.org with the name of the event, day & time, and the room requested. If you require a Zoom meeting, please include that in your request.



To submit an item to the UU Digest please email it to: uudigest@uucwnc.org.
(Submissions must be received by Wednesday at 5:00pm.)

For more information: <https://www.uucwnc.org/newsletter-faq/>



For Secure Member Directory:

<https://www.uucwnc.org/serve/member-directory-login/>