
WEEKLY DIGEST

July 25, 2024

Unitarian Universalist Congregation of Wilmington

In the Church

- Sunday Worship, July 28
- Share The Plate, July 28
- Supporting Democracy and Voting Rights Actions

Social Justice

In the Community

- Canning Jars
- Take Action to Protect Your Information After a Data Breach

On the Calendar



In the Church

Sunday Worship, July 28

Sunday Worship Service will be July 28 at 10:30am. Led by Rev. Kelley Wheat-Rivers, *Learned by Heart*: a service about the things we've learned by heart - advice, quotes, lyrics, lessons, etc. - and how they've shaped our lives.

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.

Share The Plate, July 28

The Cape Fear Bird Observatory is a “fledgling” women-run organization that is - quite literally - putting birds on the map.

Songbirds are facing significant habitat loss along the migratory Atlantic flyway, so the Observatory collaborates with other local research communities to band birds, track their numbers, and share info about nesting, overwintering and migration behaviors. They give a special focus to the beautiful Painted Buntings and have recently become the new home for Hummingbird research in North Carolina.

But not only are the birds facing threatening environments. Women working in isolated sampling locations have been vulnerable to abuse and even assault. The Observatory is aiming to create jobs in this field that pay a living wage and are both safe and welcoming to women.

To volunteer, or find out about educational opportunities such as monthly Youth Bird Watching sessions at Greenfield Lake, please visit:

<https://www.capefearbirdobservatory.org/>

Thanks to your generosity, we recently donated 692.50 to Humanity Now.

Supporting Democracy & Voting Rights Actions With Our Social Justice Ministry

As we move through the next 3 months leading up to the November elections, there will be a variety of opportunities to participate in our *“Supporting Democracy & Voting Rights”* campaign. Right now, you can get involved with our **Vote Forward** letter writing campaign! The Social Justice Ministry will be hosting an **after-service Action Table** this coming Sunday, where we will have packets of 5 pre-printed letters for you to write to young (under 35) NC voters. Other than addressing the provided envelopes and signing your name, you only have to write 1 or 2 sentences about why you vote! It will take you about 15 minutes to complete all 5 letters. Once they are prepared, you will return them to the Social Justice Ministry for mailing at the designated time in October. (If possible, we are asking that you provide stamps to help us stretch our campaign budget.)

Also, we will have **voter registration forms** at the Action Table, so if you are new to the area, you can register with us after service – only takes a few minutes! You can also check to make sure your registration is up to date. Also, if you want to make sure you have reported your Supporting Democracy & Voting Rights Actions (or have had trouble doing so), we will have someone with a computer to help you with this. *And*, you can order a UUCWNC “Show Up For Justice” t-shirt as well! There will be lots of opportunities to wear them in the months ahead.

Finally, our Democracy Party at UUCWNC is coming soon (**Saturday, Sept. 14 – Save the Date!**). We will share snacks, fun, and community as we write postcards to send to NC voters of color; we’re committed to writing 2,250 postcards. You can also sign up to host your own Democracy party in your neighborhood. More details will be forthcoming!

Hope to see you at this Sunday’s SJM Action Table in Dobkin Hall after service! Questions? Contact Michael Sheridan at mjsheridan08@gmail.com

Social Justice

LEARN MORE and BE IN COMMUNITY:

National UU the Vote Gathering - Building a New Way

Tuesday, July 30 at 8:00 pm ET. This week's campaign announcement comes after weeks of consequential political events, and we know more will follow. These moments challenge our justice movements and demand our collective resilience. And yet, we are fortified in the truth that when our movements face the winds of change, it is love and not fear that guides us toward a liberated future. Throughout our history, the people have always been the keepers and the architects of a future where there is truly freedom and justice for all. We come together, again and again, to take prophetic action declaring that all bodies are sacred, that climate justice is a moral mandate, and we will build a democracy of, by and for ALL people. This election season is about us! Join UUs across the country next week for this **special UU the Vote** event where we will harness our power for what's next. [Register Here.](#)

SPEAK UP:

Call to Action - Send Message to NC Hospital CEOs about Medical Debt! This month, the Governor's Office and the NC Department of Health and Human Services [announced a groundbreaking, win-win initiative](#) to relieve medical debt for two million North Carolinians, cap interest rates on medical debt, provide generous discounts on hospital prices to families with certain incomes, automatically enroll people into charity care, and prohibit selling debt to collectors. But this plan can only move forward if hospitals agree to participate. By choosing to participate, hospitals could boost their bottom line by drawing down federal dollars while simultaneously protecting patients from medical debt. [Use this NC Justice Center tool to urge hospital CEOs to help North Carolinians with Medical Debt!](#) (Will take you only a minute!)

SHOW UP:

2 Upcoming Voter Registration Opportunities with "You Can Vote"

July 30, 8:00 am – 1:00 pm, Kure Beach Farmers Market, 105 Atlantic Ave., Kure Beach

August 10, Curated on Castle Vintage Market, 604 Castle Street, Wilmington, NC

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 17th, you can still sign up for one of their virtual trainings here: <https://www.youcanvote.org/training>. **Remember to report both your involvement in the training and registering voters on our Action Report Form at <https://tinyurl.com/UUSJM!!!>**

Waccamaw Siouan's 4th Annual STEM Day

Saturday, Sept. 7, 7:30 am – 5:30 pm; Lake Waccamaw State Park, 1866 State Park Drive, Lake Waccamaw (Columbus County)

Volunteers are needed for the Waccamaw Siouan's 4th Annual STEM Day at Lake Waccamaw State Park. They are expecting 130 Tribal Youth from across North Carolina to attend. All workshops will be outdoors, with access to Lake Waccamaw and beautiful areas of shade trees. For more information, contact Peter Rawitsch at rawitschp@mac.com. To register to volunteer for a two-hour shift, use this link: <https://www.signupgenius.com/go/10C0C4AA4A72DABFECE9-2023#/>

The Long March for Unity & Justice – Across the State

Sept. 20th to 29th

The Beloved Community Center is organizing the “Long March for Unity & Justice.” It will take place over 10 days with 12 stops across North Carolina, beginning in Asheville on September 20th, 2024, and **culminating in Wilmington on Sunday, September 29th**. If you are interested in volunteering on September 29th, contact Peter Rawitsch at rawitschp@mac.com. You can learn more at: <https://belovedcommunitycenter.org/news/the-long-march/>

In the Community

Canning Jars

Going through boxes that have not seen the light of day for a while. Finding lots of canning mason jars in various sizes. If anyone does canning, please contact us. We are still coming across more of these treasures and will be happy for them to find a good home for free. - Don Wood - donaldgwood@gmail.com , 910 617-2354 and/ Barbara Williams 910 791-7243

Take Action to Protect Your Information After a Data Breach

We [the NC Department of Justice] are hearing about a new data breach every few days, and North Carolinians are being affected. Data breaches occur when people's personal information, such as Social Security numbers, credit and debit card numbers, and health information are compromised, stolen, or lost. Criminals can then use your personal data to commit identity theft, which can put you at risk of

losing money, creating debt, or lowering your credit score. Unfortunately, it's often a matter of when – not if – a data breach affects you. So please act now to protect your information. Remember, if your data is leaked in a security breach, North Carolina law requires the compromised company or agency responsible for your information to report it to you and our office.

Follow [the NC DOJ's] tips to protect your information from identity theft in case of a data breach:

- **Keep an eye out.** Be wary if you receive bills for services or products that you did not request. Hang on to unusual mail and digital notices from unknown lenders or businesses. Take note when local agencies and news services bring attention to new data breaches in your area.
- **Stay secure.** Protect against possible data breaches by *not* using the same password for multiple accounts, *not* reusing old passwords, changing your passwords frequently, and using two-factor authentication when possible.
- **Update your cybersecurity software.** The more up-to-date your software is, the better it can protect you and your personal information against data breaches.
- **Monitor your finances frequently.** Check your financial accounts and credit statements often. If you see any suspicious activity in your accounts, report it immediately. In addition, the [IRS](#) will set up extra protections for your tax filings if you suspect any tax-related identity theft issues.
- **Read your explanation of benefits.** When your health insurance company sends you an explanation of the services it has covered, make sure you recognize the services. If you don't, contact your insurance company and health provider to make sure your health records are accurate.
- **Freeze your credit.** Freezing your credit prevents identity thieves from taking out loans or opening credit cards in your name if your information is compromised in a data breach. You can freeze your credit with all three credit bureaus Equifax, Experian, and TransUnion. Learn more [here](#).
- **Notify law enforcement.** Oftentimes, law enforcement will not issue you a police report for your stolen private information until an identity thief actually uses your data. If you suspect that your information is being used by an identity thief, contact local law enforcement immediately.

If you believe that you have been the victim of identity theft, contact the Consumer Protection Division at www.ncdoj.gov/complaint or 1-877-5-NO-SCAM.

On the Calendar

7/25/2024	11:00 AM	(D) Movement Class	Dobkin Hall
	4:00 PM	BOT Meeting (C2, Z)	Zoom 1, Classroom 2
7/26/2024	1:00 PM	JUULIETs (O)	off campus
	1:00 PM	Mah Jongg (D)	Dobkin Hall
7/28/2024	10:30 AM	Sunday Worship (S&Z)	Sanctuary & Zoom
	10:30 AM	Youth Religious Ed	Classrooms
7/29/2024	11:00 AM	(D) Movement Class	Dobkin Hall
8/1/2024	11:00 AM	(D) Movement Class	Dobkin Hall
	11:30 AM	ROMEO Lunch (O)	Off Campus
8/2/2024	1:00 PM	Mah Jongg (D)	Dobkin Hall
8/4/2024	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/>