



Soundings



THE NEWSLETTER FOR SHORELINE UNITARIAN UNIVERSALIST CHURCH, SHORELINE, WASHINGTON

Worship Services – July 2010

SUNDAY, JULY 4, 2010, at 10:30 a.m.

“Breaking Out of Jail” Elizabeth “Frog” Uding, Guest Speaker
Funny people, we humans. We have a type of intelligence that goes beyond what the rest of the living world possesses. And yet we use this intelligence to do the silliest things. We have the capacity to think about the future but we behave as if there is no tomorrow. Indeed our culture is “civilized” and, whether we like the term or not, “institutionalized.” What do these words mean? How does it relate to our basic humanity? How did these qualities get us into the messes we are in, and how can recognizing this about ourselves help us break free into something better?

SUNDAY, JULY 11, 2010, at 10:30 a.m.

“Gleanings from Chianti” Dr. Robert P. Crosby, Guest Speaker
Referencing his new book, *A Diary of a Month in a Medieval Village of 52 Residents*, Dr. Crosby reflects learnings that influence his and his wife’s life in Seattle. Companionship, food, wine, and song are the themes arising from this “temporary citizenship” in Volpaia, Tuscany.

NOTE: Fifteen minutes after the service, Dr. Crosby will lead a discussion of the sermon for those who are interested in exploring the topic in more depth. His new book will also be available at that time. The proceeds from book sales will all be donated to SUUC.

SUNDAY, JULY 18, 2010, at 10:30 a.m.

“How God Changes Your Brain” Rev. Amanda Aikman, Guest Speaker
Neuroscientists are conducting amazing research on the effects of spiritual practices on the structure and function of our brains. One part of the brain can generate images of an angry god; another, feelings of a compassionate god; yet another, doubtful thoughts, and so on. There’s new data showing how Americans are becoming less religious but more spiritual as they embrace images of a universe that is scientific yet mystical. Let’s delve into our grey matter and discover how the divine and the brain interact.

SUNDAY, JULY 25, 2010, at 10:30 a.m.

“Time Immaterial” David Wertheimer, Guest Speaker
Time immaterial: As we all grow older, we more and more frequently think or hear from others that time seems to be moving more and more quickly. Is this an important subjective perspective on reality that spurs us on through life, or is it time itself that isn’t real? Occasional guest speaker David Wertheimer will speak about his own sense of the passage of time, and explore the question of whether things temporal are — or are not — as they seem.



MINISTER'S REPORT

THE REV. THOMAS G. ANASTASI

Thomas' Promises — "The Last Word"



Here's my challenge: what do I say in this last of some 250 editions of Thomas' Promises? Over the years this column's themes have varied widely, from theological to pastoral to humorous (I hope!) to reporting of the many activities in our congregation.

The consistent thread running through them all is my desire to establish contact with you all in this special way. In this sense, they truly were Thomas' Promises—a desire to strengthen community.

Now in this last one, how do I sum it all up? Should it be a review of these past 20 years of adventure in ministry together, noting the high (and low) points? Indeed the journey has been deep and wide, winding around obstacles and clear sailing on the straight-aways.

One way to review the past is to attempt to see and understand the Big Picture, the Larger Story. What has happened in this big picture? Here's what I see: This is the story of a fiercely committed Community of Faith, who work together to embody authentic ministry for themselves and the world around them. Guiding this remarkable group is a profound belief in the possibilities of goodness and a hope for a just world where peace and love abide. Beautiful!

In a way this last column is a *benediction* (Latin, for "the good word"). A benediction is usually said at the end of the worship service and is composed of several elements. For one, it recalls what has been said and honors that. And, always, there is profound gratitude expressed for the gifts we have been offered. As we have heard, "gratitude is the heart of prayer."

So it is, in this column, I offer my heartfelt thanks to you, the congregation here at Shoreline Unitarian Universalist Church, for inviting me to be a fellow traveler with you on the great journey. I am humbled by your confidence in me to be your minister over these many years, and in your great faith that, together, we could work to create and sustain the Beloved Community of Faith. I have always believed in you and I still do.

Perhaps the most important aspect of a benediction is the challenge it offers for what comes next. We often say, "Let us go forth from this place, having been renewed and blessed, to take the message and meaning of this hour everywhere we go." Here is the message: There is love in the world, and we can be ambassadors of that love in all the things we say and do, to all people everywhere. May God bless us all in this magnificent commission.

And now, here's last word: "*Amen!*"

Faithful regards—Thomas

We Care!!

Are you going through a tough time in your life when a little help could ease your burden? You are part of our caring community, so don't hesitate to ask for help!! Our Care Team is ready to provide support services, including transportation, brief respite care, support for caregivers, light housecleaning, and meals during a crisis. If you need assistance, you may call the monthly Care Team Coordinator directly or contact the church: 206-363-7994 / office@shorelineuu.org. You will be referred to a Care Team Coordinator who will listen to you and match your needs to someone who will provide the appropriate help. Your request is confidential. July Coordinator is Laura McCarty (789-4069) backup is Eliza Sutton (363-2197).

The coming year will not be business as usual, but this is not because I am your new Board of Trustees President. As Tracy Monaghan announced last month, the Board has hired an interim minister named Heather Lynn Hanson to assist us through this period. Working with Heather Lynn will be enlightening, and along the way we are going to discover exciting new ways of being the congregation that we want to be.

The UUA video at http://www.uua.org/videos/legacy.php?movie=mpl/interim_opportunity.mov was made for congregational leaders, but it is a good introduction to the process and possibilities of the interim period. Besides, I believe that we are all leaders when we help envision and build our future congregation.



On another subject, the Westside UU Congregation in West Seattle has been renting a Masonic Temple for 20 years but has just purchased a church building. After stretching themselves considerably to get the building, they now have the additional challenge of equipping it. I'm going to post their appeal on the bulletin board or you can check it out yourself at their web site <http://wsuu.org/newhomecatalog.pdf>. Look it over. We have our own needs to attend to, of course, but if you can see any way to help them out, let's do it.

— Ben Tompkins, President 206-546-8025 ben.tompkins@juno.com

Board Highlights

June 16, 2010 Meeting

This was Thomas's last Board meeting. The Board thanks him for his years of service, and especially his work with 20 Boards and his contributions to some 240 Board meetings!

Welcome to our newest Board member, Dawn Darington.

Board officers for 2010-11 are: Ben Tompkins, President; Laura McCarty, Vice President; and Todd Crandell, Secretary. The vice president-finance position is not yet filled.

The Board thanks:

- This year's Auction Committee: Nola Beeler, Carolyn Brenner, Vickie Brodine, Monty Futch, Marilyn Grevstad, Kim Hayes, Cindy Lyons, Helena Parker, and Rick Wilson.
- The Intern Committee for Susan Morrisson: Kevin Brock, Carrie Cameron, Tracy Monaghan, Jo Moore, and Barbara Stilson.
- Bob Holler, for the many ways he has supported our church, including running the bookstore and tending to the plants in the Sanctuary.

The Board will have its annual retreat on Saturday, August 28.

The Board decided to hold meetings on second Wednesdays rather than third Wednesdays. The next Board meeting will be July 14 at 7 p.m. Board meetings are open to all Shoreline UU Church members who are interested.

— Submitted by Todd Crandell, Secretary

RELIGIOUS EDUCATION

CHRIS POLLINA – DIRECTOR OF RELIGIOUS EDUCATION



Hello everyone, and happy “summer” to you all, if one can really call it that. Hopefully by the time you are reading this, things will have taken a turn for the better as this summer’s RE program is all about being outside and learning to appreciate the great outdoors. Krista Tenney and I have been planning a plethora of fun activities for the summer which we kicked off this past Sunday by making a worm bin with 13 kids, learning about how worms live and how they help turn old dead matter into the stuff of new life. Throughout the summer, I’ll take pictures of the bin’s progress and we’ll see how the worms break down food and help them have an environment they can thrive in. Check out the RE Bulletin Board to see how it’s doing and pictures of the kids working together to make the bin. Later on in the summer we will have guest speakers, visitors (both human and nonhuman!) and fun activities such as scavenger hunts, walks to the park, and more.

On a related note, Krista has been working on an event that takes place on July 10 called “Where Our Wild Things Are.” The event is a wildlife backyard tour organized by volunteer habitat stewards in the City of Shoreline. On the tour, you’ll be see a variety of wildlife habitats and learn how easy it is to create a wildlife habitat of your own in your backyard, school, and even right here at SUUC.

We had a lovely Teacher Appreciation Day this past month as well – I’m still trying to track down all the teachers to give them their thank-you cards from the children, and thyme plants, so if you haven’t gotten yours yet, let me know when I can give them to you! As I said at the service, if you would like to be showered in gifts and appreciation and also have the wonderful opportunity of spend time with the younger members of our congregation, please feel free to call, email, or talk to me in person at church about this. I’m looking forward to many new folks joining in the RE program for the 2010-2011 church year and thank everyone who has signed up or expressed interest thus far! Hope your spring was great and that your summer is even better.

Upcoming dates:

No RE program (Independence Day) — July 4

Where Our Wild Things Are — July 10 (more info at wowta.org)

RE Committee — July 11, noon - 1:30 p.m.

— *Chris Pollina* shorelinedre@gmail.com, 206-240-5500

MEMBERSHIP

KRISTA TENNEY — MEMBER ACTIVITIES COORDINATOR

“If You Build it, They will Come”

In the movie, *Field of Dreams*, a farmer hears a voice telling him to build a baseball field in the middle of his Iowa cornfield. He does so, and sets in motion events that change his life forever. Faced with doubt and skepticism from friends and community, he perseveres and is rewarded with results that he had never imagined. At the end of the movie, a long line of cars can be seen winding their way toward the field. What will they find there? The movie ends without a final answer, but somehow I just know that they will find what they have been looking for.



Dreams of Shoreline UUC members built a building and a program that has been here for over 40 years. Dreams of members built the first buildings followed by the Dome, created the wonderful landscaping, and most importantly, brought a wide variety of programs to meet the needs of members. Dreams are essential to keeping our spiritual “baseball field” lit and ready for those who see the light and come in to find what they are looking for. Let us be ready to greet them!

— *Krista Tenney*, tenney@shorelineuu.org, 206-363-7994, ext. 5

SUUC Service Project at Food Lifeline

Thanks to Kay and Peter Chelemedos, Barbara Cornell, Adam Caron, Kai Fujita, Richard Graves, Rose Lagerberg, Russ Lagerberg, and Dorothy Leo for joining me on June 15 to repack frozen edamame. (Isn't it wonderful that food bank participants are getting edamame as one of their food items?!) Every month that Kay and Peter come I marvel at their willingness to work hard for our two-hour shifts there when they have earned sitting-at-home time if they wanted it. Just goes to show where there is a will, there is a way, and that this project encompasses all ages.

I'm supposed to report to the volunteer coordinator in advance how many people we expect and I typically am surprised that there are more people that come than I knew about. KEEP COMING and surprising Food Lifeline and me, it is so helpful and necessary! I would love to see some more of our children and youth participate (there was a Girl Scout troop that helped this time and there was a little girl who looked about 5 or 6 years old and she was the best box gatherer in the whole group)—everyone is welcome. We packed over 8,000 pounds of edamame that will make over 6,000 meals along with the other 30 volunteers from other organizations!

July Date: Tuesday, July 20. The project begins promptly at 6 p.m. and ends at 8. (Please don't arrive after 6:05 because the doors lock and we won't be able to hear you knock.) Potluck at 5:30 p.m. for those who care to eat together (please make those arrangements among yourselves). Everyone is welcome. Please remember to wear close-toed shoes.

Address: Food Lifeline is at 1702 NE 150th Street (near the former Fircrest School area). Turn east on NE 150th off 15th Avenue NE in Shoreline. Drive a short distance and watch for the driveway into the Food Lifeline parking lot and warehouse on the left. There's a small Food Lifeline sign to mark the turn.

Next month's date is August 17. Please sign up at the Welcome Table or by contacting Laura Banks (laurabanks1@comcast.net or 206-235-3611).
— *by Laura Banks*



UUPCC Pilgrimages: Bringing People Together

Pilgrimages arranged through the UUPCC (UU Partnership Church Council) can create and strengthen bonds between North American UUs and UU churches and their communities in Eastern Europe, India, Africa, Hong Kong and the Philippines. There are several types of pilgrimages:

Congregational Pilgrimages: in-country experts work with groups of 5 to 50 to develop a customized itinerary for a group.

Concert Tours of Choirs & Musical Groups: the UUPCC can facilitate a choir's international concert tour.

Youth & Service Trips: make the world a better place and come back better people.

Tours for Individuals & "Space Available Travel": join a UUPCC group tour open to all or travel with another congregation's tour that has extra space.

For more information, visit the UUPCC website (www.uupcc.org/tripplan.html), or contact William Main or Bill Norton here at SUUC.

Administrator's Notes

Have you tried searching the internet with GoodSearch instead of Google or Bing? It's an alternate search engine that will donate money to SUUC each time you use it! All you have to do is go to their site, <http://www.goodsearch.com/> and indicate you are using it for Shoreline Unitarian Universalist Church. Each time you do a search, SUUC earns one cent. Doesn't seem like much but it can add up quickly if everyone uses it!

Another way you can help the church is to go to GoodShop <http://www.goodsearch.com/goodshop.aspx> and shop online at any of the stores listed at this site after typing in Shoreline Unitarian Universalist Church. The church will earn a certain percentage of your purchase (usually 2%).

— *Laurie Radin, Administrator*

From the Addictions Ministry

In his book *The Answer to How Is Yes*, Peter Block says that we tend to sabotage ourselves, our families and our communities by getting stuck in our “no’s.” In order to live more meaningful lives we need to accept that we are free and to practice our “yes” relationship to life.

I admit that my first response is often “no,” but my “no” often triggers unhelpful thoughts, behaviors or responses.

Our “yes” has the power to transform any situation...and us. *Namaste.*

Adapted from “Daily Spirit Journal, Vol. V” by John P. Cock

For more information on the SUUC Addictions Ministry, contact Chris Poole at 206-542-9271 or Bill Norton at wknorton@aol.com or 206-632-7177.



“Appreciation takes courage and considerable resolve. It’s the high road and not everyone is willing to take it.... You are saying no to blame, to resentment, to revenge, to violence in any form- from badmouthing others, to kicking the dog, to berating a person. You are saying no to victimhood, to martyrdom, to passing the buck, to criticism, and to demeaning yourself or others.”

—*The Power of Appreciation*,
by Noelle C. Nelson

Meet the Aesthetics Team

The SUUC Aesthetics Committee was convened last year to guide the church in making decisions of an aesthetic nature. Its members include Kim and Bill Hayes, Catherine Mills, and David Betz. The Committee’s first goal was to develop (with Thomas) a “design brief” that would serve as a guide in focusing and streamlining aesthetic decisions. It reads as follows:

SUUC is a caring community of faith that promotes justice, personal and spiritual growth, freedom of ideas and reverence for all life.

This mission statement is reflected in these guiding principles:

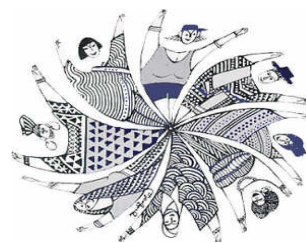
Joy
Simplicity
Vibrancy
Openness

The goals of the Aesthetics Team are: to visually promote hope and belonging, show that the church is cared for, honor traditions, and be open to the challenge of new possibilities.

The team’s projects dovetail with many other areas: signage, decor, visitor services, and buildings and grounds.

Recently the team designed and posted new bulletin boards, re-evaluated the signage needs for the church, and painted various church areas. We are currently redesigning and relocating the main sign on 1st NE. The new sign will feature movable type for greater flexibility in making our message.

Should you have a concern that you feel may require input from the team, please contact Kim Hayes.



Women’s Circle

The Women’s Circle will meet in the Chrysalis Room on July 10, from 10 a.m. to 12:15 p.m. This is a wonderful space for sharing and rejuvenating and your presence is of great value. \$5 suggested donation. Call if you need babysitting for the Circle. Everyone is welcome!

Visit the Welcome Table during services. We have a variety of inspirational cards as our gift to you.

We were Razzle Dazzled!

Our June 11 Razzle Dazzle Auction was a big success! Well over \$11,000 was raised to support the Church's Operating Fund. And we had a lot of fun!

There was no Auction Chair this year. Instead the various organizing tasks were shared by the Auction Committee:

Nola Beeler – Ticket sales, Set up
 Carolyn Brenner – Raffles, Set up
 Vickie Brodine – Decorations, Set up, Table Closer
 Monty Futch – Bar
 Marilyn Grevstad – Food and punch, Set up
 Kim Hayes – Decoration, Auction Items, Ticket Sales,
 Set up, Live Auction Runner
 Cindy Lyons – Auction Events, Auction Treasurer, Set up
 Helena Parker – Food and punch, Set up
 Krista Tenney – Whatever was falling through the cracks,
 Set up, Clean Up
 Rick Wilson – Auctioneer, Set up, Clean up

But we couldn't have done it without the help of our wonderful volunteers:

Bruce Adair – Cashier
 Joyce Allison – Live Auction Runner
 Sarah Brock – Number holder for the Live Auction
 Sallianne Davis – Greeter
 Viana Garcia – Number holder for the Live Auction
 Ben Grevstad – Clean up
 Bill Hayes – Clean up
 Molly Holmes – Cashier
 Lukas Illa – Raffle tickets
 Carol June – Clean up
 Maxwell London – Raffle tickets
 Anne Martin – Food and punch
 Laurie Radin – Office help, Set up
 Kristina Selset – Greeter
 Eliza Sutton – Coffee service
 Laura Westbrook – Table closer

A big thank you to the many donors of Events, Services and Items who made it possible to raise these funds.

And to all those who attended the Auction, bid on items, enjoyed the delicious food and drink, and generally had a good time!

THANK YOU !!

Policy on Sunday

Announcements – Reminder

If you wish to make an announcement at church, please leave a note in the Worship Companion's mail slot in the office. Be sure to say what the message is about (should be SUUC-related) and who is going to make the announcement. If you don't get the message in the mail slot before Sunday, find the Worship Companion and tell them before the service begins.

Sunday Dream Group

Meets 2nd Sunday of the month, facilitated by Tricia Davis and Charleen Adams. We will be meeting Sunday July 11 right after the service, 12 to 2 p.m. in the East Chrysalis Room. Please come to share your own dreams or simply participate in the group, searching cooperatively for the meanings in the dreams shared by others. Sharing dreams in a group this way strengthens the fabric of community and helps to meet our desire for belonging and connection. For information please contact Tricia at pmdavis500@aol.com.

*Your willing participation is needed for Sunday services.
 Contact Krista Tenney at tenney@shorelineuu.org to get involved!*

Westside UU Congregation Asks for Help Moving Into New Home

Our neighbors in West Seattle, the Westside Unitarian Universalist Congregation, have purchased a building, after being renters for 20 years. In their new home, a former Baptist church, they will have a sanctuary that seats 300, and eleven rooms for offices and classrooms, and windows. This will be an exciting change from their previous space, which had no windows or classrooms.

Since learning of the available building in November 2009, Westside has raised over \$769,000 in pledges. This, along with loans, allowed them to make the purchase.

Now, as they make the transition, Westside is asking neighboring churches, including us, for some help with furnishings. As renters, Westside did not own such necessities as furniture, dishes, or a piano. Westside has published a “New Home Shower Catalog” on its website (wsuu.org), which lists the items it needs to get started in the new building. These are items such as chairs, tables, and sofas for meeting areas; coffee mugs, dish towels, and a refrigerator for the kitchen; or whiteboards and cabinets for classrooms.

Ways that individuals could help Westside UU Congregation include:

- View the “New Home Shower Catalog” at <http://wsuu.org/newhomecatalog.pdf>, and offer to purchase specific items
- Donate some items you no longer need, such as kitchen pots and pans or a children’s table
- Offer to join a work party at Westside, as they clean, paint, and get the building ready

In a message to area churches, the Westside UU Congregation states: “We know your congregation has many unmet needs of its own, so anything you do for our congregation will mean all the more.”

For more information, visit the Westside UU Congregation website, or contact Paula vanHaagen, the Westside Board President, at pvanhaagen@mindspring.com or 206-937-4636.

Shoreline Unitarian Universalist Church

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Soundings

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Submission deadline for **Soundings** is usually the 20th of the preceding month by 10 a.m. Include your name with submitted materials. Articles are accepted in any readable format, but PC-compatible electronic copies are appreciated. Email articles to office@shorelineuu.org OR place hard copy in the Administrator’s mailbox inside the conference room.

July 2010

Thursday, July 1

7:30-8:30 p.m.Connector’s Chalice Circle, Conference Rm.

Friday, July 2

10:15-11:30 a.m.Friday Meditation, Nursery

Sunday, July 4

10:30-11:30 a.m.Worship Service, Sanctuary
12-2 p.m.Senior Youth Group, North Room

Thursday, July 8

9:30-11 a.m.Food for Soul, Forster Residence
10-11:30 a.m.Thursday AM Chalice Circle, Nursery
7:30-9:30 p.m.Thursday PM Chalice Circle, North Room
7:30-9 p.m.Worship Planning Comm., Conference Rm.

Friday, July 9

10:15-11:30 a.m.Friday Meditation, Nursery

Saturday, July 10

10-12:15 pmWomen’s Circle, Chrysalis

Sunday, July 11

10:30-11:30 a.m.Worship Service, Sanctuary
12-2 p.m.Senior Youth Group, North Room
12-2 p.m.Dream Group, East Chrysalis Room
12-1:30 p.m.RE Meeting, Chrysalis

Monday, July 12

1-2:30 p.m.Monday Chalice Circle, Nursery

Tuesday, July 13

7-9 p.m.Women’s Group, East Chrysalis Room

Wednesday, July 14

11 a.m.-12:30 p.m... Music Committee, Conference Room
7 -9 p.m..... Board Meeting, Conference Room

Thursday, July 15

7:30-8:30 p.m..... Connector’s Chalice Circle, Conference Rm.

Friday, July 16

10:15-11:30 a.m..... Friday Meditation, Nursery
12-1 p.m..... Senior Brown Bag Lunch, Conference Rm.
1:30-2:30 p.m..... Membership Committee, Conference Room

Sunday, July 18

10:30-11:30 a.m..... Worship Service, Sanctuary
12-2 p.m..... Senior Youth Group, North Room

Tuesday, July 20

10 a.m..... SOUNDINGS DEADLINE

Thursday, July 22

10-11:30 a.m..... Thursday AM Chalice Circle, Nursery
7:30-9:30 p.m..... Thursday PM Chalice Circle, Chrysalis

Friday, July 23

10:15-11:30 a.m..... Friday Meditation, Nursery

Sunday, July 25

10:30-11:30 a.m..... Worship Service, Sanctuary
12-2 p.m..... Senior Youth Group, North Room
12:15-1:45 p.m..... Social Action Group, Conference Room

Friday, July 30

10:15-11:30 a.m..... Friday Meditation, Nursery

Please Note: During the month of July, “Food for Soul” will only meet the second Thursday, July 8. The second meeting of the month will be canceled.

July 2010 Schedule – Greeters, Ushers and Coffee Servers

Date:	Greeters:	Ushers:	Coffee Servers:
July 4:	Jan Soderling & Sallianne Davis	Barbara Stilson & Molly Holmes	TBD
July 11:	Linda Merriam & Bernice Ege-Zavala	Tracy Monaghan & Marge Hampton	TBD
July 18:	Rose Lagerberg & Barbara Stilson	Shirley Beresford & Christina Horst	TBD
July 25:	Marilyn Thompson & Lex Voorhoeve	Tracy Monaghan & Barbara Stilson	TBD

**SHORELINE UNITARIAN
UNIVERSALIST CHURCH**

14724 First Avenue NE
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Email: office@shorelineuu.org
Website: www.shorelineuu.org

Rev. Thomas G. Anastasi, *Minister*
Chris Pollina, *Director of Religious Education*
Youth Ministry Coordinator
Frederick N. West, *Music Director*
Krista Tenney, *Member Activity Coordinator*
Laurie Radin, *Administrator*

Board of Trustees:
Ben Tompkins, President; Laura
McCarty, Vice President; Todd Crandell,
Secretary; Heidi Henriksen, Julie Houff,
and Dawn Darington

Vision:

*To become a leading voice of liberal religion in
the Northwest,
by continuing to act locally, while thinking
regionally, nationally, and globally.*

Mission:

***SUUC is a caring community
that celebrates the growth of mind
and spirit
and inspires us to create a more just
world.***

Values:

*Affirm and promote the UU Principles.
To grow our human and financial resources in
service of our mission and vision.*

**SHORELINE UNITARIAN
UNIVERSALIST CHURCH**

has declared its buildings
and grounds a
Weapons-Free Zone

SUUC is a UUA-certified
Welcoming Congregation. We
welcome diversity of ability, age, class,
culture, ethnicity, gender, race, reli-
gious and nonreligious backgrounds,
and sexual orientation.



OUR CONGREGATION is a member of the Unitarian Universalist Association

Soundings

**Shoreline Unitarian
Universalist Church**
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