

# Soundings



THE MONTHLY NEWSLETTER OF SHORELINE UNITARIAN UNIVERSALIST CHURCH, SHORELINE, WA

## JUNE 2014 WORSHIP SERVICES

**Sunday, June 1, 10:30 a.m.:**  
**“Transcendence Followed by  
Laundry,”**  
**Rev. Kate Landis; Choir**

**Sunday, June 8, 10:30 a.m.:**  
**All-Ages Service, Spirit Hand,  
Coming of Age Class share their  
Personal Credos and Youth  
Bridging Ceremony**

**Sunday, June 15, 10:30 a.m.:**  
**“The Permanent and the Transient,”**  
**Rev. Kate Landis; Choir**

**Sunday, June 22, 10:30 a.m.:**  
**“The Six-Buck Sandwich”**  
**by Rev. Amanda Aikman;**  
**SUUC Reader’s Theater Group**

**Sunday, June 29, 10:30 a.m.:**  
**“Getting Out of the Box for  
Good,”**  
**Barbara Cornell, Guest Speaker**

## Plate Share

On June 8, our Plate Share recipient will be Mary’s Place, a local non-profit that empowers homeless women and children to reclaim their lives.

## MINISTER’S MESSAGE REV. KATE LANDIS

There is something about long drives that puts my overactive mind to rest and moves me toward transcendence. When I lived in Cleveland, I regularly drove south to Dayton to see my family. These drives were only around four and a half hours, but they were mostly rural. That meant that for much of the trip, there was nothing on the radio except evangelical preachers (“global warming is a conspiracy launched by the Antichrist!”) and very right wing AM talk shows (“global warming is a conspiracy launched by the feminists!”). Listening to them made my blood pressure much too high, so I settled on good old silence for hours at a time.



Driving past fields of corn and soy, past cows slowly munching on grass and horses swatting at flies with their long tails, my mind wandered away from my day to day worries and possibilities began to grow. I began to look at life from the ‘balcony view’—above the hurly burly of grocery lists and bills to pay, my thoughts dwelled in a realm of imagination and potential. In those moments, practicality was swept aside and inspiration took its place—anything was possible and I could make my wildest dreams a reality.

Every month we discuss a different theme, and for June our theme is Transcendence. Where do you go to transcend? On my long car drives, my mind was lulled away from the everyday and into a higher place, a transcendent place. How do you get to a transcendent place? Famous Unitarians have found their transcendence in nature: Henry David Thoreau gazed over Walden Pond, Louisa May Alcott watched the ocean waves, and Walt Whitman liked his deep forest retreats. Modern Unitarian Universalists may find transcendence in the anonymity of downtown Seattle at rush hour or the steady hum of the Rapid Ride bus line.

We need a place of transcendence, so we can take a balcony view of our lives and rise above the minutia. Would Louisa May Alcott have written *Little Women* if she was always in the thick of chores and errands? Would Henry David Thoreau have found the courage to protest slavery or the insight to develop Transcendentalism? Would Walt Whitman have found his *Song of Myself*?

This month, find your place of transcendence. Maybe it is a silent car ride or a hike in the mountains. Maybe it is staring at the Sound. This June it is time to discover the song of yourself.

## May Board Meeting Report

Present: Karen Thompson (presiding), Paul Borrmann, Mark Dubach, Renee Palermo, Bill Roach, Eliza Sutton, Rev. Kate Landis; guests Carolyn Threadgill & Cal Spangler

1. Congregational Meeting planning. Certification of the membership roll for the Congregational Meeting: Moved by Eliza, seconded, passed unanimously.
2. Building Committee (Carolyn & Cal):
  - a. Reviewed presentation of 4 options for Congregational Meeting
  - b. Karen will present time line; congregational vote anticipated 12/2014
  - c. Planning for Open House on 6/8
3. Personnel Committee (Karen): Committee has discussed recognition bonuses for staff. Kate points out that membership may soon reach 150 members, which would put our congregation into new category and could affect recommended salary ranges. Paul proposes budgeting in the future for salary increases, which would be implemented on basis of Personnel Committee recommendations rather than budget decisions.
4. Finance (Paul): E\*TRADE (company) requires social security numbers of Board officers to open an account. The two outgoing officers have declined to provide this information. Paul will try to find an e-trade company that doesn't have this requirement.
5. Transition items from departing Board members (Mark, Eliza, Renee, Laura):
  - a. Narrow-casting (MD), comparison & alignment of descriptions of RE in Bylaws and DRE job description (RP, ES); Leadership Development (RP); revision of Open Flame Policy (ES); Membership Committee Policies (MD; ready to pass along for use).
  - b. New Board will review committee list & liaisons
6. Thank yous to:
  - a. Susan Clark and Joyce Allison for all of their work in coordinating the City Cantabile Choir benefit concert;
  - b. Bob Beekman, Laura Banks, Carol Roach, and Dev Nambi for the Fossil Fuel Forum;
  - c. Kristen Hunt for loan of her art in the lobby;
  - d. Chris Poole for her work putting on Seabeck;
  - e. Laura Westbrook for the plant sale.

Respectfully submitted,

Eliza Sutton  
Board Secretary

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## Open House, June 8, to Tour Chrysalis and the Portables

Brought to you by the Building Assessment Committee

Please join members of the Building Assessment Committee, the Board, and RE teachers after the service June 8, 2014, to take a close-up look at the three buildings under discussion for Repairs, Alteration, Expansion, or Replacement. We won't let you on the roofs, but you can go under Chrysalis if you like. Gather on the patio by the fountain after church. See you there!

## Annual Report from The Board

The SUUC Board of Trustees has been in a post-transitional year. May 2013-May 2014 was the second year of Kate's ministry with SUUC and so we're ready to start making some changes — as can be seen in the formation and work of the Building Assessment Committee (BAC). The Committee was tasked this past fall with reviewing options for our auxiliary spaces: Chrysalis and The portables, based on input gathered during the Fall 2013 Stewardship Drive. The BAC will be presenting preliminary findings during our May 2014 Congregational Meeting. The board approved the request of several members to work toward a grant from the City Of Shoreline for a Rain Garden on the orchard grounds.

2013-14 also saw the beginning of the assessments of the ministries of SUUC by the Committee on Ministry—starting with the Religious Exploration Ministry in early 2014.

A sub-committee of the board worked on and submitted input to the Evaluation and Learning plan for our minister, based on guidelines from the UUA.

The operations of SUUC continued forward on a sound financial footing with the Stewardship drive exceeding last year's pledge goal of \$165,000 and almost reaching a stretch goal of \$175,000 in pledges, coming in at \$172,000.

The board has requested that the Personnel committee meet to assess our compensation against UUA guidelines. This work is in process.

The board continued to address its internal workings discussing topics such as email voting (based on input from the Revised Code of Washington State pertaining to voting and the operations of non-profits); reviews of the rental policies of the Church; reviews of the Bylaws for proposed streamlining and clarification—these will be covered in the May Congregational Meeting.

It's been a good year here at SUUC and we look forward with excitement toward the next.

Respectfully submitted,

Laura McCarty & Karen Thompson



Photos by Krista Tenney

May 18 Annual Meeting and Potluck

## Care Team Ministry Assessment Meeting

Sunday, June 1, 12-1:30 p.m.

All members of the community are welcome to participate in the Care Team Ministry Assessment on Sunday, June 1, 12-1:30 in the SUUC Youth Room (portable). This is part of the Committee on Ministry's on-going process for assessment of all the church's ministries. Please contact Roseann London ([roseannlondon@hotmail.com](mailto:roseannlondon@hotmail.com)) or the office to receive a written worksheet form to complete prior to the meeting. If you are unable to attend but would like to participate you can complete the worksheet and submit your input. Snacks will be provided at the meeting.



## Celebration Sunday

Sunday, June 1 will be the next **Celebration Sunday**. There will be treats! Notify Rick Wilson (206-799-3054 or [rickwilson7863@msn.com](mailto:rickwilson7863@msn.com)) of your special events, such as birthdays, anniversaries, graduations, etc., for this month. Also, the white board will be up in the lobby for display and additions on that Sunday.

# RELIGIOUS EXPLORATION

## CHRIS POLLINA – DIRECTOR OF RELIGIOUS EXPLORATION



What a whirlwind of a month May has been around here—between a full slate of activities at church and the end of the school year, things have felt very hectic indeed over the last few weeks. I hope that entering the summer many of you find more relaxation and a sense of space. I also hope that you will come to see the offerings we have in store for this summer’s RE program when you catch your breath. We’ll be getting out of the Chrysalis as much as we can, taking time out to do a service project, a neighborhood clean up, a field trip, a project where the children will work together to make a video, and more. To make these ambitious plans, though, we’ll need more adults than usual—if you would be willing to spend a couple Sundays with me and the children, learning about and acting on our faith in fun hands on ways, give me a call or email and we’ll find a way for you to get involved!

Another fun aspect of summer is that our monthly family potlucks (which fall on the second Saturday of the month) generally move outside to the orchard where there’s plenty of room for kids (and grown ups!) to get their energy out. I’m looking forward to lots of fun outdoor games available this summer, but we don’t currently have much in the way of outdoor games; if you have any you’d be willing to donate to the church, it would make our potlucks that much more enjoyable! Please give me a call or email *before* bringing something into church so we don’t end up with ten soccer balls or a vintage set of metal lawn darts or something!

Looking forward a little further still, since I took a weekend long workshop on RE teacher development in March, I’ve been very excited about the prospect of starting the new year’s RE program. With help from the wonderful teachers and assistants of this past year’s RE program, I’ve learned a lot about how to make our classes richer and more rewarding experiences for teachers and children both. However, I’d like to hear from *everyone* about their experience with RE over the last nine months so that our program can be a reflection of our congregation’s larger vision. In that spirit, I’m going to be sending out a survey to every teacher, parent, and child online this month. Please take a few minutes to respond so that the RE program can improve and reflect the aspirations of everyone, both young and old.

Hope your summer is off to a wonderful start!

Chris Pollina / [shorelinedre@gmail.com](mailto:shorelinedre@gmail.com)

### Upcoming Events

#### **Sunday, June 8 – Intergenerational Worship – Youth Bridging/Coming of Age/Teacher Appreciation Sunday**

*This is going to be a special service in three ways – we’ll be honoring three of our high school youth who are graduating, hearing the credos our middle school students have been developing in the Coming of Age program, and honoring the RE teachers of 2014. Don’t miss it!*

#### **Friday, June 13 – Family Potluck, 6-8:30 p.m.**

*A monthly kid-friendly potluck—board games, activities, community, and fun are the order of the night. Assuming the weather is good we’ll take this potluck outside and have some outdoor games available for all. Please bring your own favorite games to add to the fun!*

#### **Sunday, June 15 – Flower Communion**

*In this ceremony, everyone in the congregation brings a flower. Each person places a flower on the altar or in a shared vase. The congregation and minister bless the flowers, and they’re redistributed. Each person brings home a different flower than the one they brought.*



## KRISTA TENNEY — MEMBER ACTIVITIES COORDINATOR

“Today may there be peace within. May you trust that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith in yourself and others. May you use the gifts that you have received and pass on the love that has been given to you. May you be content with yourself just the way you are. Let this knowledge settle into your bones, and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of us.” *Unknown*



June is here and while many of you are getting ready for your summer vacations, SUUC activities are definitely **not** slowing down. Rev. Kate and several members are organizing a group to walk in the Fremont Fair Parade, and I can hardly wait to see the array of creative costumes that will be on display. What a great way to enjoy a long-standing Seattle tradition, **and** spread the good word about our liberal religious community! The weekly Wednesday night potlucks will (probably) move outdoors, as the weather improves, and are a great way to share some tasty treats (store bought or home made) and conversation; join us! The RE Family potluck on the second Friday night of the month are always lively, especially when they are outside in our beautiful orchard. Admire the rain garden that was recently installed by members of the Social Action while you are out there; I hope the blueberry bushes they planted will have berries for the picking before too long! At their June meeting, members of the Women’s Circle will be selecting a book to read as a group this summer. The newly formed Men’s Group will meet in June off site, and information about the time and place will be in the eBulletin. These are just some of the activities and I encourage you to look on our website to see what others might fit nicely into your schedule.

These activities help to form bonds that allow us to trust each other with the deeper issues in our lives. As we share our life journeys, of love lost and found, deaths, births, divorce, health (good and not-so good), jobs, the meaning of life and more, we are brought together in a way that goes far beyond the pleasure of a cup of coffee, a delicious gluten-free brownie, a great book, a demonstration against coal trains or one for responsible gun ownership. It has been such a pleasure to work with each and every one of you, and I treasure the time I have spent assisting with making those connections.

*Krista Tenney / 206-363-7994 ext. 5 / [tenney@shorelineuu.org](mailto:tenney@shorelineuu.org)*

Photos by Krista Tenney



Rev. Kate at a new member orientation.



Cal talking to kids during service.



One of our younger members enjoying cake.

## Summary of May 18 Annual Congregation Meeting

1. Meeting called to order at 12:28 p.m. with inspirational words by Rev. Kate and Rick Wilson moderating. 57 voting members checked in and present (quorum met)

2. Minutes from 5/19/2013 Annual Congregational Meeting read and approved

3. Elections: Slate of candidates below Moved by Cal Spangler and seconded; approved without objection on voice vote:

Board:

Position 1 - Adam Griffith

Position 2 – Laura Morghon

Position 3- Lauren Plotskey

Position 5 (to complete 1 year term) – Carolyn Threadgill

Endowment Committee:

Dev Nambi

Christian Moore

Nominating Committee:

1- Noel Bain

4- Cal Spangler

5- Lew Witham

4. Bylaws amendments:

Changes to Article V (regarding Congregational Meetings) as previously approved by the Board and posted before the meeting: Moved by Eliza Sutton, seconded, passes unanimously on voice vote

Merging of and changes to Article VII & VIII (regarding Board of Trustees) as previously approved by the Board and posted before the meeting: Moved by Eliza Sutton, seconded, passes unanimously on voice vote

Resolution below proposed by Board Secretary - Moved by Laura Banks, seconded, passes unanimously on voice vote:

Resolved, That the secretary be authorized to correct article and section designations, punctuation, and cross-references and to make such other technical and conforming changes as may be necessary to reflect the intent of the Congregation in connection with Bylaws changes adopted at this meeting.

Changes to Article XIII (regarding Parliamentary Procedure) as previously approved by the Board and posted before the meeting: -Moved by Eliza Sutton, seconded. Amendment to limit applicability of Robert's Rules of Order to official Board and Congregational meetings and remove reference to governance: Moved by Cindy Lyons, seconded, passes on voice vote. Passage of Article XIII as amended: Moved by Cindy Lyons, seconded, passes on voice vote with one abstention.

5. Building Assessment Committee – presentation by Carolyn Threadgill.

Thank you to Committee Members: Richard, Chris, Cal, Eric, Dev and Rick. Review of steps taken to date and presentation of 4 options for Chrysalis and the portables, followed by Q&A focusing on clarification questions from congregation. Everyone is encouraged to complete & return a Building Assessment Committee survey form. (Full list of benefits and drawbacks of each option not included here.)

Option 1 – basic and imperative repairs including roof replacement. Cost estimated at \$75K-100K, could be reduced by use of volunteer labor from within church, extends lifespan of buildings 5-10 years.

*(continued on page 9)*

## Photo Directory Time!

SUUC and Yuen Lui Studios are working together to create an online church photo directory, and we want YOU to be in it! To be included in the directory, **have your individual or family's portrait taken at the Roosevelt Yuen Lui Studio anytime between June 1 and September 20. There is no cost for the portrait session. If you can't make it into the studio, Yuen Lui will be on-site at the church on Sunday, September 21, 1-6 p.m.**



If you go to their studio, you will get a full portrait session, a free 8 x 10 print, plus 50% off package prices. Photo sessions at the church will be shorter; you will still get the discount on package prices but not the free 8 x 10.

Call Yuen Lui at 206-523-5707 to schedule an appointment and inform them that you are with Shoreline Unitarian. Their Roosevelt Studio is located at 924 NE 63rd St. Hours: Mon-Tues. closed; Weds: 9 a.m.-6 p.m.; Thurs: 12-8 p.m.; Fri, Sat., Sun., 9 a.m.-6 p.m.

If you prefer to have your photo taken at the church on September 21, please contact Laurie, 206-363-7994 or [office@shorelineuu.org](mailto:office@shorelineuu.org).

Please note that the online directory will be password protected. You will be able to download and print out the photo directory yourself. There will also be an option to purchase a printed copy of the book. We want to include all SUUC Members and pledging Friends.

If you wish to opt out of the directory, please email [yuenluidesign@gmail.com](mailto:yuenluidesign@gmail.com).

Questions or comments? Contact Laurie in the church office.



Photo by Krista Tenney

## We Love a Parade!

Join your SUUC family in marching in the Fremont Solstice Parade on June 21st! We are dressing up as animals of all kinds, imaginary, fantastic, and real! Young and old are invited to join us for fun, fellowship, and letting people know about our awesome church family. Dig out an old Halloween costume, join us for a costume or masking making workshop, or just show up on the 21st and get your face painted! The parade route is just under 2 miles and is a very slow walk. We will meet at the church at noon and then get dropped off at the parade starting line. Don't miss *the* SUUC event of the summer! Contact Aureole Lopez Shulman for details: 206-909-1110 or [aureole@theshulmans.net](mailto:aureole@theshulmans.net)



### 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, contact June's Care Team Coordinator, Laura McCarty, 206-789-3997, or her back up, Megan Watson, 360-521-0904. You can also email them at [careteam@shorelineuu.org](mailto:careteam@shorelineuu.org).



### Chamber Music Group

Calling all musicians who want to play chamber music for fun: we will be meeting June 6, 1-4 p.m. and also June 20, 6-9 p.m. in the Sanctuary. All skill levels and instruments (including voice) are welcome. The less accomplished musicians will be able to play at the beginning of this time and the more accomplished musicians will be able to play a little later in the evening. If you plan to participate, please contact Barbara Rader, 206-898-5403 or [rader@seanet.com](mailto:rader@seanet.com), to let her know what instrument you play and your approximate skill level.

### PrideFest 2014 Sunday, June 29

Come walk with other Unitarian Universalists at the Seattle Pride Parade. To save money, and to make a larger statement of support to the LGBTQ community, all the various UUs from around the area are walking together. To keep the low rate, individual congregation names on signs are not allowed. We do have city signs. Please bring generic UU signs of faith/support etc. We plan to have a "Standing on the Side of Love" banner.

The parade starts at 11 a.m. Here is a link to our parade assignment location: <http://goo.gl/dHeDBq>. Check here for regular updates. On the day, you can send a text to Jonathan Olson (chair of UU parade) at 425-736-2537, and he will send you the nearest corner streets.

Several congregations will be sponsoring a booth at PrideFest and plan to sell T-shirts, hand out Side of Love temporary tattoos, have information on all Puget Sound congregations. If you'd like to volunteer to help at the booth, click here: <http://goo.gl/hgnhCQ>. Donna Nolan (chair of PrideFest Booth) welcomes your ideas, brochures, signs, etc. Please contact her at [donnanolan3@iCloud.com](mailto:donnanolan3@iCloud.com).

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### Social Action Committee Meetings in June

The next monthly meeting of the Social Action Committee will be on Sunday, June 1, after church and coffee time, starting at noon in Chrysalis. The expected topics to be discussed are:

Report on the completion of the Raingarden on the church property. The Raingarden will buffer and filter sanctuary roof rain water diverted away from city storm sewers. This project has involved volunteer labor by church members, including a few of our youth and of our new men's group, and has also been funded by a grant from the City of Shoreline as a demonstration project.

Progress report on signature gathering for Initiative 1329, calling for Congress to move on a U.S. Constitutional Amendment to restore the ability to regulate political election campaign financing by wealthy individuals and big corporations.

Report on gearing up the campaign for November votes for Initiative 594, to enact universal background checks for all gun sales in the state of Washington.

Report on new advocacy activities for a carbon tax in Washington state.

Open discussion of other topics or business.

The next monthly Social Action meeting will be on Sunday, June 29, at noon in Chrysalis.

Check the Social Action blog (<http://suucsocialactions.blogspot.com>) a couple days before each meeting for a posted agenda. Or subscribe to the Social Action Committee's twice-a-month e-Blast e-mailing. (To subscribe, contact Bob Beekman, [rlbeekman@gmail.com](mailto:rlbeekman@gmail.com)).



## New Art Exhibit at SUUC

The prints and drawings of long-time church member JoAnn Martell-Melgard will be on the walls of our entryway for the next few months. Take some time when it's quiet to look at her strikingly original artwork.

Subtle and also vast, this exposition is a perspective that changes over time, from an artist in the fourth decade of her career. In her current show, *Print and Drawing as Meditation*, JoAnn juxtaposes finite line with bold shape in her expressive collage of visual research as a spiritual process. Challenging the threshold that distinguishes subject from context, the collection incorporates a spectrum of cultural icons lingering in the American imagination, from lobster to Virginia Woolf, exploding the space between subjects as a quarry for generative discovery.

Read more about JoAnn and her art in her Artist's Statement which is in the hall. You can also contact her about her work by calling 206-789-2733.

If you know of any other artists in the church who might be interested in hanging their work, please contact Laurie in the church office, 206-363-7994.

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*(Congregational Meeting, continued from page 6)*

Option 2 – Option 1 plus convert half of large room in Chrysalis to classrooms and spruce up interior and exterior of Chrysalis. Cost estimated at \$250K-\$300K.

Option 3 – Remove portable, construct addition to SE corner of Chrysalis, adding classrooms but not increasing total square footage, add accessible unisex bathroom, new heating, and sinks added. Cost estimated at \$500-700K, extends lifespan of building to 25-30 years.

Option 4 – Replacement of Chrysalis and the portables with a new building, likely modular, with more square footage on a leveled building site. Cost estimate \$1.2-1.5 million, building lifespan 75+ years. Would need to get variances and neighborhood involvement.

### 6. For the Good of the Order

- a. Chris Poole announced that 175 people from our group attended Seabeck, next year's contract is for up to 250 people, mark your calendar for the last weekend in April!
- b. Laura Morghon & Kate Beck will donate portion of proceeds from any real estate or mortgage transactions referred from within the church
- c. Karen Thompson announces timeline for next steps on building assessment project: June 8 is tours of existing structures, then this summer members can give additional input, then the Board will make a recommendation to the Congregation for the Annual Budget Meeting in December.

Adjourned 1:48 p.m.

Respectfully submitted,  
Eliza Sutton, Board Secretary (term ended 5/2014)



## Women's Circle

*"The greatest gift is a passion for reading."* — Elizabeth Hardwick

The June Women's Circle will provide you the opportunity to share the books that you have loved, the books you would like to read and to talk about the valuable nuggets you have discovered in books.

Bring your experience, your book and meet with us in the Chrysalis on June 7th from 10 a.m. to 12:15 p.m. If you would like, bring a simple snack to share. It is always fun to foster conversations around our food break!

There are two follow-ups to remember. First, last month our Circle Team initiated the creation of a recipe book for the SUUC women. Could you send your favorite to Larissa Sheffler at [larissa.sheffler@gmail.com](mailto:larissa.sheffler@gmail.com) or bring it with you to the June Circle. Second, our June Circle Team will initiate the choice of one book that we could all read and come to our September Circle to discuss it. Great ideas and actions are coming from the women within this congregation and circle.

There is a place for every woman at the monthly circle, no matter her age, or level of activity. You are welcome to join with us anytime.

Info or need childcare? Call Sharon at 425-835-3121 or [sriegie@yahoo.com](mailto:sriegie@yahoo.com). You can also visit our blog at <http://suucwomenscircle.blogspot.com/>

# CHURCH NEWS & ACTIVITIES



## Baristas Wanted for June

We have two more “barista” slots to fill in June: 6/8 and 6/29. Feel free to sign up at [www.tinyurl.com/suuc-coffee](http://www.tinyurl.com/suuc-coffee) or contact Carrie Cameron at 425-773-1776 or [permitted2shine@gmail.com](mailto:permitted2shine@gmail.com). Thanks!



### June Schedule of Sunday Volunteers

	<b>Greeters:</b>	<b>Ushers:</b>	<b>Coffee Baristas:</b>
<b>June 1:</b>	Shelley Anderson & Nancy Curtis	Christina Horst & Richard Graves	Helena Parker & Amanda Ray
<b>June 8:</b>	Lauren Kim & Zach Ploskey	Paul Borrmann & Anne Martin	Tori Manzer & ?
<b>June 15:</b>	Bernice Ege-Zavala & Nancy Parle	Paul Borrmann & Barbara Stilson	Terry Zimmerman & Bev Hesterberg
<b>June 22:</b>	Sue Leisy & Carolyn Brenner	Richard Graves & Anne Martin	Terry Zimmerman & Bill Roach
<b>June 29</b>	Andy Landis & Megan Watson	Homer Henderson & Christina Horst	Cal Spangler & ?

### Shoreline Unitarian Universalist Church

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[northmanwest@earthlink.net](mailto:northmanwest@earthlink.net)

Chris Pollina, Director of Religious Exploration.....(C) 206-240-5500  
[shorelinedre@gmail.com](mailto:shorelinedre@gmail.com)

Krista Tenney, Member Activities Coordinator (W) 206-363-7994 ext 5  
[tenney@shorelineuu.org](mailto:tenney@shorelineuu.org)

Laurie Radin, Church Administrator .....(W) 206-363-7994 ext 2  
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#### *Soundings*

Editor, Layout Artist: Laurie Radin  
 Proofreader: Joyce Van Tuyl  
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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. Email articles to [office@shorelineuu.org](mailto:office@shorelineuu.org).

### New in the Fall: Compassionate Listening— A Course for Self Healing

The hardest distance to travel is the eight inches from the head to the heart, but when we can do that, healing will occur. That's what happened for me, Cheryl Udd, when I attended a support group led by a wonderful Life Coach friend, Sandy Powers. Darrell and I are bringing her to the church in September for a once a month course: September, October, November, February, March, and April. Please email me at [swtchery10@gmail.com](mailto:swtchery10@gmail.com) with some idea of your interest in this very helpful offering and state whether Wednesday or Friday would be the best evening for you, from 7 to 9 p.m., so that we may plan ahead. Light food will be provided. Sandy is someone you will want to meet.

Sandy Powers works for Providence Hospice serving as the volunteer manager, overseeing the 800-1,000 hospice volunteers in the Olympia, Seattle and Everett area. Her training here at SUUC in the fall will include the aspects of self-awareness, self-knowledge, and self-care. Although in the past she has charged for her services, she will come to us for donations only. In addition, we will ask \$5 per night, per person, to defray building costs. Sandy is offering "Compassionate Listening—A Course for Self Healing," which she developed over 20 years from individual coaching and facilitating groups and workshops. Her other workshops have included developing intuition, teachings of the medicine wheel, dream boards as healing tools, listening to life—learning to read the signs and symbols around us.

She says her course will help people become aware of the unlimited love, peace, and joy that resides in their hearts. Learning to tap into it requires inner work, rolling up our sleeves and figuring out why we are triggered with anger or sadness or why we want to isolate ourselves, or retreat with depression. Unlocking those doors opens the door to happiness you never imagined possible.

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### Men's Group

The Shoreline Unitarian Universalist Men's Association (SUUMA) will meet for breakfast 9-11 a.m. on June 21 at the Wedgwood Broiler (8230 35th Ave. NE). We plan to continue getting to know each other. All SUUC men, both voting members and active friends, 18 and over, are invited! If you have questions, call Eric Scott at 206-310-5703 or Adam Monsen at 857-600-2326.

### SUUC Service Project at Food Lifeline And Father's Day

Let's fill up the Food Lifeline food box (in the foyer across from the kitchen) for Father's Day (how's that for a lot of alliterative "P's"?!) Think of your father's favorite non-perishable snack



and bring it and put it in the box for Father's Day. I'm going to bring a big jar of crunchy peanut butter because my father loved to eat peanut butter & butter sandwiches. I'd love to hear the stories about your dad's favorite snack if you want to attach it to the food you bring.

**June Date: Tuesday June 17, 2014.** The project begins promptly at 6:00 and ends at 8:00. (Please don't arrive after 6:05 because the doors lock and we won't be able to hear you knock.) Everyone welcome, please remember to wear closed-toe 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 July 15, 2014. We go every 3<sup>rd</sup> Tuesday of the month and we would love to have YOU join us. Carpooling can be arranged.

*Please sign up on the bulletin board in the hallway or by contacting Laura "FoodBanks," 206-235-3611 or [laurabanks1@comcast.net](mailto:laurabanks1@comcast.net).*



## SUUC Evening Book Group Reads *Ludlow*

“The owl of Minerva flies at dusk.”

The reading for the June 4 meeting of the Evening Book Group (aka “The Owls of Minerva”) is *Ludlow* by David Mason. The book is an historical novel in verse! Set in a Colorado mining community in the early 1900s, *Ludlow* tells of Greek, Mexican, Scottish, and Italian immigrants and their struggles to eke out a living—culminating in the horrific Ludlow Massacre of 1914, in which elements of the Colorado National Guard killed 18 “tenters”—members of the families of striking miners, who had been evicted from their company-owned housing. The meeting will be Wednesday, June 4, from 7 to 8:30 p.m., in the Church Conference Room.

Our next book selection will be *The Death of the Liberal Class* by Chris Hedges.

Anyone who is interested is welcome to join our discussion meetings—even if you haven’t finished reading the book for the month!

For further information, contact Bob Beekman, 206-527-7340, [rlbeekman@gmail.com](mailto:rlbeekman@gmail.com).

## SAVE THE DATE!

### 2015 Annual Seabeck Retreat

Friday, April 24 through Sunday, April 26, 2015

Many thanks to all who participated in our wonderful Seabeck Retreat. Again this year, we had three UU congregations working together to provide a special time to be in community with fellow UUs: Shoreline Unitarian Universalist Church, Evergreen Unitarian Universalist Fellowship, and Westside Unitarian Universalist Congregation. A total of 170 participated from our three congregations.

We offered a wonderful program, “The Art of Gratitude,” presented by Michelle Conklin, M. Div. In addition, workshops were offered by several members of all three congregations. Many thanks to all who donated to the scholarship fund and supported the bake sale. We were able to provide adequate scholarship assistance to all who needed it.

We offered special programs to teens and younger children. Thanks to SUUCers Renee Palermo, Larissa Sheffler, Aureole Lopez Shulman, Marilyn Grevstad, Todd Crandell, Kate Beck, Cindy Lyons, Roseann London, Alice Soares, Dev Nambi, and Carol June for your help with children’s programs and activities.

Thanks to all of the other volunteers who helped out with the kids or adult programs, including

Cameron Threadgill, Cal Spangler, Paul Bormann, Kate Landis, Dev Nambi, John Nakayama, Jay Gretch, Lily Connor, Jennifer Sepez, Leone Martin, Bill King, Ken Ritland, Adam Monsen, and Cliff Burger. We appreciate your loving support of this annual tradition.

Sincerely, the 2014 Seabeck Planning Team

Chris Poole-SUUC, Seabeck 2014 Dean; Renee Palermo-SUUC, Registrar; Monda Sosa-EUUF, Children’s Program Coordinator; Susan Mackey-WSUU, Volunteer Coordinator; Amy Hance-Brancati-WSUU, Workshop Coordinator; Barbara Cornell-SUUC, Promotions; Laura Banks-SUUC, Treasurer.



Photo by Krista Tenney

Bill R., Cal S. and others work together on a new Raingarden. See article in the May issue of Soundings or contact Bill for information about the Raingarden: [vtroach41@gmail.com](mailto:vtroach41@gmail.com).

# June 2014

## **Sunday, June 1**

9-10:15 a.m..... Building Your Own Theology, Chrysalis  
10:30-11:45 a.m..... Worship Service, Sanctuary  
12-1 p.m..... Social Action Meeting, Chrysalis  
12-1:30 p.m..... Comm. on Ministry Meeting, Youth  
Portable

## **Tuesday, June 3**

10:30 a.m.-noon..... Worship Planning Meeting, Conf. Room  
6:30-8 p.m..... Care Team Meeting, Conference Room

## **Wednesday, June 4**

6:30-7:30 p.m..... Wednesday Potluck, Nursery  
7-8:30 p.m..... Evening Book Group, Conference Room

## **Thursday, June 5**

6-7:30 p.m..... Choir Rehearsal, Sanctuary

## **Friday, June 6**

10:30 a.m.-noon..... Music Committee, Conference Room  
12-2 p.m..... Appreciating Elderhood, Conf. Room  
1-4 p.m..... Chamber Music Group, Sanctuary

## **Saturday, June 7**

10 a.m.-12:15 p.m... Women's Circle, Chrysalis

## **Sunday, June 8**

10:30-11:45 a.m..... Worship Service, Sanctuary  
12-1 p.m..... Building Assessment Committee Open  
House for Chrysalis & Portables  
12-6 p.m..... Mask-Making Workshop, Chrysalis

## **Tuesday, June 10**

2:30-4 p.m..... Chalice Circle, Nursery  
7-9 p.m..... Board Meeting, Conference Room  
7-9 p.m..... Tues. Evening Chalice Circle, E. Chrysalis

## **Wednesday, June 11**

6:30-7:30 p.m..... Wednesday Potluck, Nursery  
7-8:30 p.m..... Welcome Team Meeting, Nursery

## **Thursday, June 12**

9:30-11 a.m..... Food for Soul, Forster Residence

## **Friday, June 13**

6-8:30 p.m..... Family Potluck, Chrysalis  
7:15-9:45 p.m..... Reader's Theater, Sanctuary

## **Sunday, June 15**

10:30-11:45 a.m..... Worship Service, Sanctuary  
1-4:30 p.m..... Reader's Theater, Sanctuary

## **Tuesday, June 17**

10:30 a.m.-noon..... Book Group, Nursery  
6-8 p.m..... Food Lifeline Project

## **Wednesday, June 18**

6:30-7:30 p.m..... Wednesday Potluck, Nursery

## **Friday, June 20**

10-11:30 a.m..... Charites Chalice Circle, Udd Residence  
10 a.m..... SOUNDINGS DEADLINE  
12-2 p.m..... Appreciating Elderhood, Conf. Room  
6-9 p.m..... Chamber Music Group, Sanctuary

## **Saturday, June 21**

9-11 a.m..... Men's Group, Wedgwood Broiler  
7:15-9:15 p.m..... Reader's Theater, Sanctuary

## **Sunday, June 22**

10:30-11:45 a.m..... Worship Service—Ingathering of New Members,  
Sanctuary

## **Monday, June 23**

6:30-8:30 p.m..... Family & Friends Support Group, Conf. Room

## **Tuesday, June 24**

2:30-4 p.m..... Chalice Circle, Nursery

## **Wednesday, June 25**

6:30-7:30 p.m..... Wednesday Potluck, Nursery

## **Thursday, June 26**

9:30-11 a.m..... Food for Soul, Forster Residence

## **Sunday, June 29**

10:30-11:45 a.m..... Worship Service, Sanctuary

**Please make an appointment now to have your family's pictures taken  
at Yuen Lui Studio for our new Member's Photo Directory!  
See article on page 7 for details!**

**SHORELINE UNITARIAN  
UNIVERSALIST CHURCH**

14724 First Avenue NE  
Shoreline, WA 98155-6806  
206-363-7994  
Email: office@shorelineuu.org  
Website: www.shorelineuu.org

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Rev. Kate Landis, *Minister*  
Chris Pollina, *Director of Religious Exploration*  
Frederick N. West, *Music Director*  
Krista Tenney, *Member Activities Coordinator*  
Laurie Radin, *Church Administrator*

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*Board of Trustees:*  
Karen Thompson  
Paul Borrmann  
Bill Roach  
Laura Morghon  
Lauren Ploskey  
Carolyn Threadgill  
Adam Griffith

***Vision:***

*To become a leading voice of liberal religion  
in the Northwest, by continuing to act  
locally, while thinking regionally, national-  
ly, 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,  
religious and nonreligious backgrounds,  
and sexual orientation.



**OUR CONGREGATION** is a member of the Unitarian Universalist Association

**Soundings**

**Shoreline Unitarian  
Universalist Church**  
14724 First Avenue NE  
Shoreline, WA 98155-6806

