

Soundings



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

MARCH 2015

WORSHIP SERVICES

Sunday, March 1, 10:30 a.m.:
"Calling Back the Rain,"
Rev. Kate Landis; Choir Sings

Sunday, March 8, 10:30 a.m.:
Rev. Amy Beltane, Guest Speaker
Spirit Hand Performs

*(REMINDER: Daylight Saving
Time Starts March 8)*

Sunday, March 15, 10:30 a.m.:
**All-Ages Celebration of
Impermanence; Rev. Kate Landis;**
New Member Ingathering;
Choir Sings

Sunday, March 22, 10:30 a.m.:
Spring Equinox Celebration,
SUUC's Pagan Interest Group

Sunday, March 29, 10:30 a.m.:
"The Dude Abides,"
Rev. Kate Landis

MINISTER'S MESSAGE REV. KATE LANDIS

A few times a week I head to Carkeek Park to walk my dog and face my own impermanence. Standing on the bluff looking toward the purple-grey Olympic Mountains, I recall that the first people on the peninsula believed the highest peaks were the refuge that saved their ancestors during the Great Floods at the beginning of time. The holy Thunderbird of the Hoh tribe lived on Mount Olympus. The mountains were inhabited by Paleolithic hunters, stone tools found between peaks date back 7600 years. A fragment of a basket found near beautiful Obstruction Point is 3000 years old.



Natural and cultural history reminds us that every single thing will change, that nothing is permanent. The mountains formed from the earth's temperamental crust will crumble from an earthquake or wear away by wind and water. The ancient conifers will fall and become nurse logs for new life. No matter how monumental our sorrows or worries, the earth reminds us that we are all temporary beings.

Our theme this month is impermanence, and I invite you to consider the blessing of being an impermanent being. In this season of life rising from the cold mud, we see that the crocus and the daffodils are just here for a moment, and then gone. Their temporariness is part of their exquisite beauty. Much like our own lives.

I look forward to celebrating impermanence with you this March. May we savor each moment.

Warmly,

Rev. Kate



March Ingathering

Joining our church? We're looking forward to the Ingathering ceremony at the beginning of the service on Sunday, March 15, welcoming new members and introducing them to our congregation.

If you plan on participating or have questions, please contact Andy Landis, 206-440-1998, or andy.landis@comcast.net.

Hey, Hey – It's that time again! SUUC services and events sign ups!

Each year we get together and offer events and services to each other and to our friends. Why? It is a great fundraiser, yes. But, more than that, it is a super chance to get to know each other in fun and casual ways. This is a really neat way to build community amongst people we already know at SUUC as well as a cool way to introduce our friends to each other.

OK, so what are we talking about? During the next couple of weeks, we will be asking YOU to offer some event or service that others will sign up to get or attend. Here are a few ideas: Fancy French dinner for six Guided tour of a local garden, with a lunch included Sailboat excursion Spaghetti dinner for ten Paint a room Organize photos Training in computer or smart phone usage Organize a play date for kids Writing a resume Cooking a dinner at someone's home A dozen cookies delivered four times a year Gift certificate to a spa/salon Playing games or cards Wine and cheese tastings Tarot readings The list is endless!!!!

We will have the forms ready for you to fill out soon, or you can sign up online now at:

www.tinyurl.com/2015SUUC.

If you have questions, contact Kate Beck at katejbeck@gmail.com.

February Board Meeting Minutes

February 16, 2015 12:30-2:00 p.m. SUUC Conference Room
Minutes prepared by Adam Griffith.

In Attendance

Paul Borrmann, Adam Griffith, Rev. Kate Landis, Laura Morghon, Bill Roach, Karen Thompson, Carolyn Threadgill

Opening

Call to Order—Karen Thompson presiding.

New Business

Appointing a New Secretary—Adam Griffith offered to replace Lauren Ploskey as Board Secretary. This was unanimously approved by the Board.

Approval of SUUC January Board Meeting Minutes—Board unanimously approved.

Legal Services—The Board voted unanimously to accept a generous offer by the law firm Dorsey Whitney to provide pro bono legal services for SUUC, and authorized Karen Thompson to sign an agreement with them to that effect. The Board plans to ask them to review our new rental policy.

Leadership and Governance—The Board had a lively and in-depth discussion of their experiences at the Leadership and Governance retreat. Paul and Kate agreed to organize a leadership development meeting with an eye towards finding leaders to coordinate our church's participation in the GA gathering in Portland this summer.

Barbara Cornell ordination—The Board unanimously approved a budget of \$500 for Barbara Cornell's ordination. The decorations will stay up to enliven the church through the summer.

The Board continues to be interested in the possibility of Barbara Cornell acting as a Community Minister affiliated with SUUC. However, more information is needed at this time.

Shoreline Rezoning—Julie Houff sent the Board an email expressing concern for the impending rezoning around the planned light rail stations that will be built in Shoreline. After some discussion, the Board elected not to take a position on this issue.

Social Action Strategy Retreat - Sat. Morning, March 14

A morning retreat meeting of SUUC members interested in our church's Social Action program will be held Saturday morning, March 14, from 9 a.m. to noon in the Sanctuary. The focus will be on ideas—big and small—to widen Social Action Volunteer participation, both occasional and regular, to make the work of the Social Action leadership team more sustainable, and to deepen the effectiveness and coherence of our Social Action program. Contact Bob Beekman (206-527-7340, rbeekman@gmail.com) if you plan to attend—so that he will know how many donuts to buy!

Money Talks – March 2015

Just a few random thoughts this month...

I encourage all of you, especially you who just came to our community in the past couple of years, to look at all the opportunities to meet and get to know folks through the Activity and Events Signup fundraiser. It's our biggest fundraiser, but its greatest value is in the connections it helps us form with each other.

A number of unexpected donations enabled us to finish the 2014 budget year with a nice surplus. This will enable us to expand our options a bit when it comes to making a decision on replacing the Chrysalis building (probably not before the May Annual Meeting at the earliest.)

Finally, are you one of those folks who feels like the only time you ever hear from the Stewardship Committee is when they want your money? Well, that hot spot has just frozen over; the Stewardship Committee plans to conduct a member-wide survey of your skills, talents and interests so that we can answer questions like "who in the congregation is good with new technologies?" or "who likes to sew or knit?" or "who has experience working with numbers?" or who can do...?" You get the idea. The survey will be brief and available on-line, but requires participation by ALL of us if it is to be most useful.

Paul Borrmann, VP-Finance



Balancing the Dark and the Light

The Pagan Interest Group is excited to share the Vernal Equinox with the congregation on Sunday, March 22! We will be leading a ritual of balance, nurturing, and community growth for that Sunday's service. Come honor Spring with us!

On the following Wednesday, March 25, the group will meet to reflect on our past year's efforts and discuss whether and how to continue as an organization within our church community. We are not hosting an event that night, but interested parties are certainly welcome to join in our debriefing in the Sanctuary at 7 p.m. If you participated in one of our events over the past year and have feedback for us to consider, or if you chose not to, and feel your reasons might be constructive, please share with us by email to slcaccounts@gmail.com or by talking with any Corvialis, Doerksen, Lilly, or Robin Bruins.

Mark Your Calendars:

The Building Assessment Committee (BAC) is rescheduling its final report to the congregation from March to the regularly scheduled semi-annual Congregational Meeting in May, 2015. The BAC needs a bit more time to be thorough in its review of the information currently being gathered. Prior to the May meeting, the Board will publicize the new building recommendation so that you will be informed when you attend the Congregational Meeting. Thank you for your patience as we do the BEST job we can for our SUUC community!

Plate Share for Month

Once a month we share our Sunday collection with a non-profit organization that has been pre-selected by our members. 75% of the collection is donated to the group and SUUC keeps the remainder. Remember, if you write a check that you want to go to your pledge, NOT to the organization, be sure to write PLEDGE at the bottom on your memo line.



On Sunday, March 8, our Plate Share recipient will be the National Alliance on Mental Illness (NAMI), Greater Seattle. NAMI addresses unmet mental health needs within our community through support, referral, education and research.

RELIGIOUS EXPLORATION

CHRIS POLLINA – DIRECTOR OF RELIGIOUS EXPLORATION



Greetings, all. First of all, what a fantastic February we had for the children and youth of our church community! The youth of the 6th-9th grade group did a wonderful performance of the play, “The Youth and the Guru” on February 15 during the intergenerational worship service. After coming across it as part of their class’ curriculum, they decided they liked it enough to take several Sunday mornings and even a Saturday night whipping it into shape to perform for the congregation—lucky us! The same day, the children of the 3rd-5th grade class sold home made dog biscuits to raise money for PAWS, a local organization that has helped thousands of dogs, cats, and other animals to recover from injuries and get placed in caring homes over the past 50 years. Thanks to all of you who helped out with either of these efforts, whether it was by working side-by-side with the youth or simply witnessing and supporting them with your presence!

Speaking of supporting the children and youth of our church, I’m beginning to look for folks to teach in the upcoming RE year starting in September 2015. If you are somewhat interested but not sure if being with children in an RE class is for you, I’m happy to talk with you about any questions you have to find out whether or not it would be a good fit for you to be in the classroom and also discuss setting up a classroom visit if you are interested in seeing an RE class in action firsthand. I’m also beginning to think about our church’s summer RE program. In the last few years, we’ve used the summer as a time to explore a potpourri of stories and do activities which support various aspects of our UU faith. Last year we made a video, cleaned up N. 145th St., learned about wolves, and a whole lot more. I hope you’ll consider taking a Sunday to share a passion of yours, such as knitting, storytelling, sports, music, collage, etc. with the children. I’ll be more than happy to help plan out the day (or days!) with you. We’ll need a little more help than usual this summer, too, as I’ll be out for several weeks in July for my wedding and honeymoon!

Hope you all have a lovely March,

Chris Pollina / shorelinedre@gmail.com

Upcoming Events

Sunday, March 15 – Intergenerational Worship

Sunday, March 15 – Family Potluck, noon-2 p.m.

A monthly kid-friendly potluck after church. The board games were a big hit last time so we’ll do that again this month—bring your favorite or enjoy some from the church’s/Chris’ collection!



SUUC’s Annual Plant Sale will be coming up in May!

It seems some of you are already digging around in your gardens with all of this great weather, and it is a good time to remind everyone that we will be happy to take your donations of healthy plants. If you are digging out something that has become too large, put it in a pot and bring it to the church. We will have a staging area for plants on the west side of the Dome. Swanson’s Nursery does a pot exchange and you can find a bin with mostly larger pots there for the taking. If you have any questions, please call Laura Westbrook at 206-605-2005. Additionally, if you would like to volunteer to help with the sale, Laura would love to hear from you.

Seabeck Retreat —April 24-26, 2015

Peace: It Starts in Here

Presenter: Barbara Cornell, M. Div. Candidate for UU Ministry

Our relationships are the most important parts of our lives, yet we struggle with them daily. Using five specific observations about common relationship difficulties, we'll raise our awareness, learn a new way of thinking about our relationships and focus on growing our capacities for nurturing hearts that are at peace. With more resilient, peaceful hearts our interactions with one another will grow more peaceful as well. The children will study peace, as well as famous peacemakers, and grow in their conflict resolution skills.



Barbara Cornell was the Director of Religious Education at Shoreline UU Church for 15 years. She completed her M. Div. at Seattle University. She served as a student minister at Westside UU Congregation for six months, and as an intern minister at Bellingham UU Church. She currently serves as a hospital chaplain at Swedish Edmonds Hospital. She looks forward to her ordination in May as a UU minister.

To register for this year's Seabeck Retreat, you can sign up online at <http://goo.gl/g1hSpf>, through March 23. Questions? Contact: Chris Poole and Amy Hance-Brancati, Seabeck 2015 Co-Chairs; Ramonda Sosa, Evergreen UU Registrations and Promotions; and Renee Palermo, Seabeck 2015 Registrar.

Shoreline UU Church, Evergreen UU Fellowship, and Westside UU Congregation have created a wonderful tradition of setting aside time from our busy lives to create memories that bond us in our faith community. Our time together will inspire creativity in our spiritual journey—interactive engagement and community building are our goals.

New Art Show Coming to Church!

We will be putting up another group art show by SUUC members and friends mid-March. If you have any kind of art or craft that you would be willing to lend us for a few months, please contact Laurie in the office, office@shorelineuu.org or 206-363-7994. We welcome back people who have shown their work here before, if you have something new. Paintings, drawings, photography, prints, small textile art, masks or anything else that is "hang-able" would be great! Art by our youth encouraged. Please plan on bringing in your work by the second week of March.



Shoreline UU Men's Association

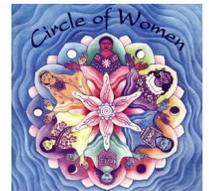
SUUMA (Shoreline Unitarian Universalist Men's Association) will meet for breakfast at the Wedgwood Broiler, 8230 35th Ave. NE, on Saturday, March 21, 9-11 a.m. The March theme word for discussion is "impermanence." All SUUC men are welcome at our monthly breakfast meetings on the third Saturday of each month in 2015.

Monthly Celebration Sunday Reminder

Celebration Sunday will be March 1st. If you have an event in March you may write it on the white board in the hall or if you are unable to attend, call Helena Parker at 206-784-7105 so she can post it for you. Of course, there will be treats!

Idea planting in March Women's Circle

The best programs start out with modest ideas shared and expanded on by the group. Come add subjects that intrigue and move you to make the coming year outstanding.



Our brainstorming begins at 10 a.m. on Saturday, March 7, in the Chrysalis building. Bring a "seed idea" to plant and, if you like, bring a snack.

SUUC Evening Book Group Meeting March 4

“The owl of Minerva flies at dusk.”



The book for the March 4 discussion by the Evening Book Group (aka “The Owls of Minerva”) is *Quiet: The Power of Introverts in a World That Can't Stop Talking* by Susan Cain. The meeting will be held from 7 to 8:30 p.m. in the Church Conference Room.

Here are the next two monthly book selections:

April 1—*An Eerie Silence: Renewing Our Search for Alien Intelligence* by Paul Davies.

May 6—*Mountains Beyond Mountains: The Quest of Dr. Paul Farmer, a Man Who Would Cure the World* by Tracy Kidder.

At the May 6 meeting, we will schedule books for three or four summer meetings, (tentatively June 3, July 1, August 5, September 2), based on participants' summer vacation plans. Selections to be scheduled for summer will include the following three books and, if we plan four meetings, we will choose another from a “contingency list” of books.

Summer date TBD—*The Center Cannot Hold: My Journey Through Madness* by Elyn Saks.

Summer date TBD—*In the Garden of Beasts: Love, Terror, and an American Family in Hitler's Berlin* by Erik Larson.

Summer date TBD—*The Memory Chalet* by Tony Judt.

Anyone is welcome to join our meetings on the first Wednesday of each month—even if you haven't finished reading the book for the month! If more information is needed, contact Bob Beekman, 206-527-7340, rlbeekman@gmail.com.



UUA GENERAL ASSEMBLY PORTLAND, OREGON | 2015

UUA General Assembly in Portland, OR, June 24-28, 2015:

March is the month to apply to be a volunteer and for financial aid

General Assembly volunteers get free GA registration in return for 24 hours of volunteer service at GA for adults, 14 hours for youth. The application forms will be posted on www.uua.org/ga on March 2. Volunteers need to apply by March 31. If you want to be a volunteer, don't miss that deadline! Think about it and get ready by checking out the volunteer opportunities at <http://www.uua.org/ga/registration/financialaid/14930.shtml>. GA runs on volunteers—we need them!

March is the month to apply for financial aid. If you want to attend GA but can't afford it, talk to SUUC Vice President -Finance, Paul Borrmann, kdonn55@comcast.net. Limited funds are available from the church.

Applications for UUA financial aid will be available March 1, and most are due by March 31, see <http://www.uua.org/ga/registration/financialaid/15005.shtml>. Youth and Young Adult Scholarships provide free registration and up to \$500 toward expenses. There are also a limited number of competitive \$1000 Youth Group Scholarships for youth groups who have organized to raise money and bring most of their group to GA. Check out <http://www.uua.org/re/youth/events/gacaucus/56024.shtml>.



Escalating Economic Inequality Study/Action Series Thursday Evenings, 7 - 8:30 p.m., Feb. 26-April 2, Chrysalis

This is a reminder to SUUC congregants participating in our Study/Action sessions on “Escalating Economic Inequality,” our participation in the UUA 2014-2018 Congregational Study/Action Issue program.

Feb. 26 — Introduction

Mar. 5 — What Are the Facts? Economic Inequality by the (Shocking) Numbers.

Mar. 12 — Why Should We Care? The Consequences of Economic Inequality.

Mar. 19 — How Did We Get Here? Causes of Rising Inequality in Recent American History.

Mar. 26 — How Do We Fix the Problem? Policies To Reduce Economic Inequality.

Apr. 2 — Can We Move the Needle? Actions We Decide To Take.

All meetings are now scheduled for the Church Conference Room. For books and reading selections or any other needed information, contact Bob Beekman (206-527-7340, rlbeekman@gmail.com).

Bring Your Ideas and Energy to Social Action, March 22

Interested in SUUC partnering with the Edmonds UUC on a Social Justice “Meaningful Movies” program? Got an idea for a summer project for the children and youth in our Religious Exploration program? Interested in lobbying the WA State Legislature or advocating for equality and justice in other ways?

Come to the Social Action meeting, Sunday, March 22, in Chrysalis, at 12 noon, after church and coffee time. We’ll talk about these possibilities and others for effective and fun social action!

Check the Social Action blog (<http://suucsocialactions.blogspot.com>) a couple days before each meeting for an updated agenda. Or subscribe to the SUUC Social Action twice-a-month e-Blast emailing. (To subscribe, contact Bob Beekman, rlbeekman@gmail.com).

Update from the Committee on Ministry

In December, the Committee on Ministry presented our assessment report on SUUC’s Care Ministry to the Board. Through the assessment process, we were all struck by the tremendous dedication of a few volunteers in this area of ministry. Their contribution is not always visible to the broader community. We want to take a moment to thank all of you who have ministered to other SUUC members and friends through the Care Team. We’d also like to offer our appreciation for a few unsung heroes—Fran Campbell, Eliza Sutton, and Barbara Cornell. Thank you for your compassion and dedication to our SUUC family.

After our assessment, the Care Team has been working with Rev Kate and the Board to develop a more sustainable model of providing care to SUUC members. The ideas will involve having geographical care “neighborhoods” with a rotating care leader in each neighborhood. Stay tuned for more information.

If you’d like to see the Music, Religious Exploration, or Care Ministry reports, please contact Laurie in the office (office@shorelineuu.org). If you’d like to provide input about the assessment process, please contact Catherine Crain (catherine_crain@comcast.net).

We’d like to welcome Homer Henderson who has joined the committee. The other members are Catherine Crain (chair), Laura Banks, Rev. Kate Landis, Roseann London, and Rick Wilson.



Chamber Music Group

Calling all musicians who want to play chamber music for fun: the Chamber Music Group will be meeting Saturday, March 7, 4-7 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, to let her know what instrument you play and your approximate skill level.

To subscribe to the twice-a-month e-mailings of the **SUUC Social Action “e-Blast,”** or just to get information about the Social Action blog and e-Blasts, contact Bob Beekman (rlbeekman@gmail.com).

To receive the weekly email **Carrie’s Commentaries** with insightful reporting on prior Sunday sermons as well as Joys and Sorrows, please email permitted2shine@gmail.com

Final Results—Big Social Action Donations Totals for Four Nonprofits with SRE Fund Matching

SUUC’s Social Action leadership team jubilantly announces that it collected \$1770 from congregants in February for four nonprofits—with an added \$550 in matching donations from Social Responsibility Endowment (SRE) Fund income—for a grand total of \$2320.

The totals to be sent by us to the four nonprofits are:

- Aprovecho (fuel-efficient, low pollution stoves for third world), \$1090.
- Center for Victims of Torture, \$296.
- Human Rights Watch, \$614.
- Partners in Health, \$320.

In addition, Tim and Bev Hesterberg have pledged to send a donation to Aprovecho to match the \$1000 given by other congregants to that nonprofit.

This year, rather than just distributing the available income from the SRE fund to four selected nonprofits, the Social Action leadership team invited our congregants to make their own donations during the month of February to one or more of the nonprofits—with matches from the SRE Fund income until our money was gone. **Thanks to all who gave and thus multiplied our annual SRE Fund donation!**

SUUC Service Project at Food Lifeline

We would love to have your regular, or intermittent ;-) participation in our monthly food repacking project. Food Lifeline has changed their way of signing people up, so if you are planning to attend, please let Laura Banks know, so she can get you on their list. If you decide at the last minute to come, go ahead and come and you can fill out a form instead of signing in on the computer. Any questions, please ask but also please come.

March Date: Tuesday March 17, 2015. The project begins promptly at 6 and ends at 8 p.m. (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.

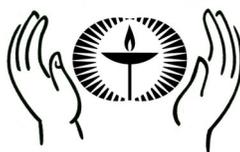
Address: Food Lifeline is at 1702 NE 150th Street (near the former Fircrest School area). Turn east on NE 150th off 15th Avenue NE in Shoreline. Drive a short distance and watch for the driveway into the Food Lifeline parking lot and warehouse on the left. There’s a small Food Lifeline sign to mark the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

Next month’s date is April 21, 2015. We go every third Tuesday of the month and we would love to have YOU join us. Carpooling can be arranged.

Please sign up in the hall at the Social Action bulletin board or by contacting Laura “FoodBanks” (laurabanks1@comcast.net or 206-235-3611).

March Schedule of Sunday Volunteers

	Greeters:	Ushers:	Coffee Baristas:
March 1:	Shelley Anderson & Nancy Curtis	Homer Henderson & Anne Martin	Kathy Reid
March 8:	Megan Watson & Sue Leisy	Jeremy Corvialis & Christina Horst	Bev Hesterberg
March 15:	Barbara Thake & Bernice Ege-Zavala	Shirley Beresford & Donald Patrick	Amanda Ray
March 22:	Barbara & Bill King & Andy Landis	Paul Borrmann & Christina Horst	Rick Wilson & Juel Erickson
March 29:	Fran & Bruce Campbell	Homer Henderson & Barbara Stilson	??



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 help coordinate support from within the church community, including rides, brief respite care, support for caregivers, light housecleaning, and meals during a crisis—or to help you locate support services outside of church. If you need assistance, leave a confidential message with Laurie in the church office at office@shorelineuu.org or 206-363-7994 and she will relay it to the Care Team. Please allow the Care Team 48-72 hours to reply (72 hrs. for messages left Friday or Saturday). If a more pressing need should arise, please contact Rev. Kate directly, minister@shorelineuu.org.

Shoreline Unitarian Universalist Church

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Soundings

Editor, Layout Artist: Laurie Radin
 Proofreader: Joyce Van Tuyl

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.

SUUC Library



Did you know you can borrow books from our library collection here in the Conference Room?

Topics include Unitarian Universalism, Church Governance, Social Justice, World Religions, Spiritual Journeys and Soul Care. If you would like to know the specific books we have, you can either browse the collection or ask Laurie in the church office for the list of titles. There is a simple self check out system; just look for the clipboard by the books. If you have books to donate, please contact Laurie, office@shorelineuu.org.

Class Meeting on March 18

“Compassionate Listening – a Course for Self-Healing,” meets in the Sanctuary on the third Wednesdays of March, and April, from 7 to 9 p.m. Email Cheryl at swtchery10@gmail.com for more information or just plan to show up.

Dictionaries Wanted

We are still collecting paperback dictionaries and other reference books for the Books to Prisoners program. There is a box in the hall next to the Food Lifeline collection box. Consider looking for these books whenever you are in a thrift store or used book store. Thank you!

Side By Side

from the Mental Health and Recovery Team

by Barbara Cornell

Self-care is the cornerstone of recovery and of a life well lived. So few of us know how; sometimes we didn't learn this growing up. Now, we can make a practice of learning new ways to nurture ourselves. One of the most transformative self-care practices I've been able to establish in my life has been to make most of the food I eat from scratch. Since I have arthritis and can no longer use non-steroidal anti-inflammatory drugs, or NSAIDs for pain, I use an anti-inflammatory diet. There are lots of great diets out there worthy of investigation. Finding the right one for you might involve talking with your doctor and or a dietitian. At first, I couldn't believe how long it took to cook everything...especially chopping all those vegetables! Learning new recipes was very useful; I needed help having a clue what to make for dinner, not to mention breakfast and lunch. I didn't have a clue what to do with tofu! I struggled with the time commitment. Eventually I was able to think of it as a gift I was giving myself every day. This time has become a great way for me to slow down and reflect on my day. Sometimes I listen to music or podcasts while I do the prep work. This time I devote to making sure I eat food that helps instead of hurts, brings many immediate benefits. I have very little pain from arthritis and this is wonderful. I've been sleeping better and no longer carry so many extra pounds. I don't spend as much money at the grocery store today as I did three years ago. Eating healthy is a beautiful and delicious way to take good care of ourselves. It feels good and we all deserve that!

The PNW District Addiction Ministry Project is excited to be planning a workshop, *Language of Love: Healing and Recovery*. It will be held at the Olympia UU Church on March 14, 2015 from 9 a.m. to 4 p.m. This workshop presents an opportunity to meet people from other congregations in our district who have addiction ministry programs or who would like to learn from congregations that have an active program. You are invited to attend. If you'd like to learn more, contact Chris Poole, 206-542-9271.

This month, the support group for Family and Friends of people who have a lived experience of mental illness will be meeting on March 23 from 6:30 to 8 p.m. in the Conference Room. You are invited to join us. If you have any questions or would like to learn more about our team's efforts in our congregation or in the district, contact co-chairs Chris Poole, 206-542-9271, or Barbara Cornell, ubcornell@gmail.com

PCC Scrip Cards Available

If you shop at PCC stores, please consider purchasing a \$50 scrip card. When you get the card from us, you use it at the store like cash, and SUUC earns 5% of your expenditure. The cards are rechargeable, so you can keep using it and the church can keep benefitting. See Laurie in the church office to buy a card, office@shorelineuu.org.

March 2015

Sunday, March 1

10:30-11:45 a.m. Worship Service, Sanctuary
12-1 p.m. Reader's Theater Meeting, Chrysalis

Wednesday, March 4

6:30-8 p.m. Wednesday Potluck, Nursery
6:30-9 p.m. Seabeck Planning Meeting, Youth Portable
7-8:30 p.m. Evening Book Group, Conference Room

Thursday, March 5

6-7:30 p.m. Choir Rehearsal, Sanctuary
7-8:30 p.m. Economic Inequality Group, Conf. Room
7:45-9 p.m. Music Committee, Nursery

Friday, March 6

12-2 p.m. Appreciating Elderhood, Sanctuary

Saturday, March 7

10 a.m.-12:15 p.m. . Women's Group, Chrysalis
4-7 p.m. Chamber Music Group, Sanctuary

Sunday, March 8 (Daylight Saving Time Starts)

10:30-11:45 a.m. Worship Service, Sanctuary
1-4 p.m. Pagan Interest Group, Sanctuary

Monday, March 9

7-8 p.m. Grounds Meeting, Chrysalis

Tuesday, March 10

1:30-3 p.m. Chalice Circle, Nursery
7-9 p.m. Tues. Evening Chalice Circle, East Chrysalis

Wednesday, March 11

6:30-8 p.m. Wednesday Potluck, Nursery
7-8:30 p.m. Welcome Team Meeting, Sanctuary
7-9 p.m. Board Meeting, Conference Room

Thursday, March 12

6-7:30 p.m. Choir Rehearsal, Sanctuary
7-8:30 p.m. Economic Inequality Group, Conf. Room
7:30-9 p.m. Witnessing Whiteness, Chrysalis

Saturday, March 14

9 a.m.-12 p.m. Social Action Strategy Planning Retreat, Sanctuary

Sunday, March 15

10:30-11:45 a.m. Worship Service, Sanctuary
12-2 p.m. Monthly Family Potluck, Sanctuary

Monday, March 16

10:30 a.m.-noon.....Morning Book Group, Nursery

Tuesday, March 17

6-8 p.m. Food Lifeline Project, Food Lifeline Location

Wednesday, March 18

6:30-7:30 p.m. Wednesday Potluck, Nursery
6:30-9 p.m. Seabeck Planning Meeting, Youth Portable
7-9 p.m. Compassionate Listening Class, Sanctuary
7-8:30 p.m. Worship Planning Committee, Conf. Room

Thursday, March 19

6-7:30 p.m. Choir Rehearsal, Sanctuary
7-8:30 p.m. Economic Inequality Group, Conf. Room

Friday, March 20

10 a.m. Soundings Copy Deadline
10-11:30 a.m. Charites Chalice Circle, Udd Residence
12-2 p.m. Appreciating Elderhood, Sanctuary

Saturday, March 21

10 a.m.-12:30 p.m. .Pagan Interest Group, Sanctuary

Sunday, March 22

10:30-11:45 a.m. Worship Service, Sanctuary
12-1:30 p.m. Social Action Committee, Chrysalis

Monday, March 23

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

Wednesday, March 25

6:30-7:30 p.m. Wednesday Potluck, Nursery
7-9 p.m. Pagan Interest Group, Sanctuary

Thursday, March 26

6-7:30 p.m. Choir Rehearsal, Sanctuary
7-8:30 p.m. Economic Inequality Study Group, Chrysalis

Sunday, March 29

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



**SHORELINE UNITARIAN
UNIVERSALIST CHURCH**

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

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

Board of Trustees:
Karen Thompson, President
Bill Roach, Vice President
Paul Borrmann, Vice President-Finance
Adam Griffith, Secretary
Laura Morghon
Carolyn Threadgill

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

