

Soundings

Newsletter of Shoreline Unitarian Universalist Church

APRIL 2016



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Worship Services, 10:30 a.m.

Sunday, April 3:

Reader's Theater Group presents a short play by Tennessee Williams, "The Case of the Crushed Petunias"; Choir

Sunday, April 10:

"Faith in the Process," Rev Kate Landis

Sunday, April 17:

"Earth Day All-Ages Celebration--What a Wonderful World!" Rev Kate Landis; Choir

Sunday, April 24:

"Rebuilding A Positive Self-Identity," Pulpit Guests Jerald Forster and Marilee Goebel

Minister's Message

My dear church family,

Happy spring! My faith in the end of the rainy, gray weather was shaking; I'm glad to finally have proof of the sunshine's return. Faith is our theme for April. What does the word faith mean to you? What do you have faith in? Who or what are you faithful to? What is the difference between faith and trust? Faith and hope? Does a term like faith belong in Unitarian Universalist theology, with our emphasis on rationalism? A theme like faith makes for a fun month of exploration!

When I think about faith, I remember how good you are to each other. The care you use in speaking gently. The eagerness with which you pitch in to help people in your neighborhood group. Your generosity with your time and talents in caring for our grounds, our buildings, and our feelings. My faith in your goodness never wavers, unlike my faith in Puget Sound sunshine.

I want you to have faith in me as your minister. One of the most rewarding parts of my role is spending time with you when your life is hard. If you are having surgery, living with depression, have a sudden loss of a job or a partner--let me know. I want to travel with you when the road is rough. Are you worried about your kids, your parents, your future? Let's talk. A burden shared is a burden lightened. Call me, text me, email me--whatever your favored method of communication, I'm here.

As the flowers bloom and seasonal allergies blossom, swing by your spiritual home for some deep thinking about faith. I'm eager to hear your thoughts.

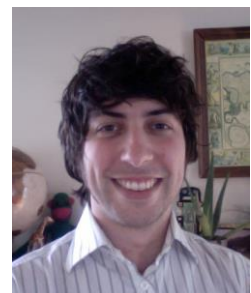
*Warmly,
Rev Kate*

P.S. Don't forget to register for our annual all-congregation retreat at Seabeck! Deep thoughts in stunning surroundings with wonderful people--the perfect reward for making it through a long winter.

Director of Religious Exploration

Hello, and a happy spring to you all! I'm pleased to be writing this looking out the window to the kind of sunny, rainless, and completely WIND-FREE day I'm looking forward to sharing with you all over the coming months.

Lately I've been getting more in depth with our goals for the children and youth of our RE program and thinking about how much we strive to do for the children of our church and how little time we have together as a church community over the course of the year to make all of this happen. While one great way to have some extended time together is to attend Seabeck (the time equivalent of being at church every Sunday morning for 4-6 months!) I've found myself thinking of other ways in which parents of children can "bring



church home" and reinforce children's understanding of, and identity as Unitarian Universalists. In addition to the parent orientations I'm hoping to regularly host twice a year, I'm going to be working on creating a series of resources for parents aimed at helping to tie life at home to the spiritual. I'm envisioning a collection of family practices, rituals, anecdotes, and approaches to parenting which will help make explicit our community's spiritual aspirations and reinforce what children are learning and doing at church each Sunday.

My first stop in working to create this is to find out what all of you are doing in your lives already that fits into this vision. Whether you've been Unitarian Universalist for a long time or a short time, you probably have at least one thing you've done as a family which may be the "aha!" moment someone else in our congregation is waiting to hear. I'll be getting in touch with you all soon and hope to have something to put in your hands (or Google Drive/DropBox) by the end of the summer.

And speaking of summer, it's just about that time! As you read this, we'll be counting down the last nine or ten days of our regularly scheduled RE programming for the school year and getting ready to start our summer RE program! As is our tradition, we'll have a program for kids in grades K-8th each day throughout the summer which will emphasize getting outdoors, doing more experiential / service learning, and learning about some of the important aspects of our spiritual tradition which got less time during the curricula the children used during the school year. These sessions are structured so that, while they aim for a broad range of ages and developmental stages, they provide different and meaningful ways for children of any maturity level to participate. The summer RE program is run by a different set of volunteers than the folks who spend time with the children and youth during the school year and I'm hoping that many of you reading this will be willing to join us for some of the fun! The commitment to participate in this fun and easy ministry is very light, only 2-3 Sundays necessary over the twelve weeks of summer, most of which I will be present for and helping to lead. Please let me know (if you haven't already on your registration form) if you'd like to help out or know more.

Thanks as always for taking time out of your day to read this and stay up to date with the goings on at our wonderful church community! See you on Sunday,

Chris Pollina

shorelinedre@gmail.com

Upcoming Events

Sunday, April 17 - Earth Day Intergenerational Worship Service

Sunday, April 17 - Family Potluck, noon-1:30 p.m.

A monthly kid-friendly potluck after church. Bring a dish to share and any games, instruments, or any other stuff to make the afternoon fun and festive.

Annual Congregational Meeting Sunday, May 22

Please join your fellow SUUC members for our annual meeting after church on May 22. We'll be electing Board members, as well as members of the Nominating and Endowment Committees.

There will be an update on the new building and its financing, and annual reports from all the standing committees will be available.

Childcare and finger food will be provided. See you all there!

Money Talks

Clarifications

The congregational meeting on March 13 was well-attended, and there were many excellent questions and observations by members about the financial history and projections I presented.

The major message: our expected income growth over the next few years will NOT be sufficient to enable us to BOTH provide substantial salary increases AND make payments on loans we would incur to complete the proposed new building.

Since that meeting a couple of points of confusion have been brought to my attention, both of which are related to the long-term loans that are part of the current financial plan for the new building. First, I've heard that some people can't make a commitment to lend us money for 25 years, and so they have not responded to our appeal for long-term loans. But the term doesn't have to be 25 years. Sure, we would LIKE to get member loans for as long a term as an individual can provide, and we will make our monthly payments according to a 25-year amortization schedule. But we are willing to consider a term of at least 5 years (as we have with existing member loans), whereby the lender will be entitled to receive the entire balance of the loan at the end of those five years (or whatever length of time has been agreed upon). In the past, we have asked each lender, at the end of the five years, if he/she is willing to continue the loan for another five years; if not, we have sought -and found- another member to take over that loan, and have repaid the full balance to the original lender.

Second, if we are unable to secure enough loans from our members, that does NOT mean that the project will be abandoned. I understand that some people got that mistaken impression. On the contrary, we have been in discussions with a couple of lending sources to see if outside financing is both available and affordable to us. We are continuing these discussions as a "backup" plan.

Keep the questions coming!

Paul Borrman

VP- Finance



Board Meeting Highlights -- March 10, 2016

In Attendance

Adam Griffith, Rev. Kate Landis, Carolyn Threadgill, Juel Erikson, Amanda Ray, Judi Kalitzki, Paul Borrmann, Alison Lilly

Opening

Call to Order: Carolyn Threadgill presiding.

Approval of February Minutes: Minutes were approved unanimously.

New Business

Meeting with the Endowment Committee: The Endowment Committee presented their annual report of the endowment funds' performance for 2015. They then requested permission to move all of the SEE Fund from the UUCEF to two public mutual funds (the Vanguard GMA fund and the Parnassus Core Equity fund). This is in response to a pattern of poor performance by the UUCEF fund. The Board unanimously approved this action as recommended by the Endowment Committee (endowment fund transactions of \$10,000 or more require board approval per policy).

Bob Beekman and Laura Banks from the Endowment Committee met with the Board about the possibility of the Endowment Committee investing in a loan to SUUC towards the new building. Such a loan would be better financially for us than borrowing from a bank, but would be a less attractive option than borrowing from members due to the higher interest rate it would command. Laura Banks stated that she is against such a move. It is not at this time clear how the Endowment Committee would vote on such a proposal, which in any case the Board is not yet asking for.

Status of Member Loans: The Capital campaign is some distance from having secured the loans necessary to build the new building. There seems to be a fairly good level of interest among members in making short term loans, but not a lot of enthusiasm for longer term loans.

Building Committee Report: The Building Committee has submitted a rationale to the city of Shoreline as to why we shouldn't be required to put in parking in addition to what we already have planned. We are hopeful that our proposal will be accepted; otherwise we will need to redo much of our plans.

Financial Report: Paul Borrmann went over the financial information that he will present to the congregation at the March Congregational meeting. The congregation will have to think carefully about what our financial priorities are going forward, as the new building and rising staff salaries will tax our level of income.

Planning for the March Congregational Meeting: Details were worked out for the March meeting; who does what, how the presentation will go, child care and audio/visual services and so on.

Prepared by Adam Griffith

Side by Side--a Column from Mental Health Ministry

After a recent training at the hospital for staff who work with the mentally ill, I found myself wanting to learn more about what is known as trauma informed care. Trauma informed care is all about remembering that many of our mental health patients are survivors of traumatic experiences. This understanding has grown in recent years as more and more research is being done on trauma and its effects over a person's lifetime.



Mental health patients are sometimes involuntarily committed and or put in seclusion (if they are on sensory overload) or restrained (if they are a danger to themselves, other patients or staff). Briefly, trauma informed care accepts that patients are usually doing the best they can do in any given situation. It reflects an approach to caring for the mentally ill in a collaborative manner, always outlining the positive. What are the options a patient has, emphasizing what control they have over what is happening to them and their surroundings, as opposed to the traditional controlled based approach; *You do this because I say or I will make you!* This focuses on what they can't do, thus disempowering them. People who have experienced trauma often struggle with reliving the trauma via nightmares, flashbacks or similar situations that trigger the painful memories of their trauma. A controlled-based approach to a mentally ill person, instead of being part of what helps and heals, could very well be re-traumatizing to the patient. Staff is learning how to engage patients with this new understanding in mind. I realized as I listened that there are a lot of people in our lives who have experienced trauma and knowing this can remind us all how important kindness is in all our interactions. We can easily take for granted that our first principle is that all people have worth and dignity. Turns out, kindness and respect for all is perhaps the most radical and revolutionary aspect of Unitarian Universalism. We value everyone in our faith, and today that seems to more important than ever.

If there is any way that we can be supportive of you and your family please reach out to us, the co-chairs of the Mental Health & Recovery Ministry team here at Shoreline UU: Chris Poole at 206-542-9271 or Rev. Barbara Cornell at uubcornell@gmail.com

The support group for Family and Friends of those with a lived experience of mental illness for April will be held in the conference room at church on April 25, 2016 from 6:30 to 8 p.m. You are invited to join in!

Rev. Barbara Cornell

SUUC's 50th Anniversary Flashback

The Locations

On February 6, 1966, Shoreline UU Church (then called Lake Forest Park Unitarian Church) held their first service, heralded by press releases about the new church which were sent to local newspapers and several radio stations.



Happy Anniversary SUUC!
1966-2016

The first church newsletter, *The Forester*, (name changed to *Soundings* in 1969) went out in advance of the February service. The service was held in the "cafetorium" at the Morgan Junior High School (now named Kellogg Middle School). The church RE program consisted of 99(!) children using rented classrooms in the school. By May, the church had attained the required minimum number of pledging units with 66 families, and was accepted by the UUA for affiliation. Rev. Paul Sawyer was called as the first minister in June. By the end of 1966, the 3.5 acre property at 14724 1st Ave NE was purchased for \$50,000. Worship services moved to the facilities at Parkwood Elementary School. The RE classes met on the new property in an existing house. The church building, which we now call *Chrysalis*, was constructed with prefab pieces in 1968, and it was the first home of our church on the existing grounds.

Laurie Radin (information gathered from original Board meeting minutes and historical notes.)

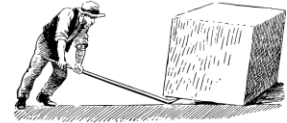
Social Action Ministry Announcements



Social Action Ministry Meets Saturday, April 9

The SUUC Social Action Ministry will meet Saturday, April 9, from 9:30 to 11:00 a.m., in the Church Conference Room. We'll be working on on-going projects such as the late April Social Responsibility Endowment matching donations campaign, our support for the UWS tent encampment, and our Meaningful Movies partnership with the Edmonds UU Congregation. We'll also be discussing possible replacements for our monthly volunteer night at Food Lifeline (which is moving to Georgetown soon) and opportunities for legislative and public advocacy. Check our [Social Action Ministry blog](#) a couple days before the meeting for the detailed agenda. Please contact SAM chairwoman Carolyn Wallace if you have any questions.

Leverage Your Donations to 4 Nonprofits with Social Responsibility Endowment (SRE) Money



Donations will be collected before and after Sunday worship on April 17, April 24, and May 1 for the following non-profits selected for the SUUC Social Action Ministry's annual Social Responsibility Endowment (SRE) leveraged donations campaign:

- *Earth Justice* -- legal and legislative advocacy in defense of the natural environment, mainly in the U.S. but also internationally.
- *International Rescue Committee* -- responds to humanitarian crises globally with emergency relief, human rights protection, resettlement, rehabilitation, and post-conflict development.
- *Southern Poverty Law Center* -- legal, advocacy, and education efforts for human and civil rights; monitors hate groups and extremists in the U.S.
- *Washington Toxics Coalition* -- advocacy, organizing, and education regarding toxic chemicals in products and the environment in WA State.

At the end of this campaign, we will divide \$1600 in 2015 SRE Fund income in proportion to the totals collected. We will add the matching SRE portion to your contributions for each non-profit. You may donate by cash or by check payable to SUUC. You may donate to a single non-profit or you may split your donation between more than one.

The matches to your individual donations come from annual income from our Social Responsibility Endowment Fund, established by an original gift from Nick and Jeanne Aldrich for charitable giving to non-profits with environmental or non-local missions. (Our PlateShare program supports local non-profits.) Last year, we leveraged about \$550 in SRE Fund income into \$1770 in your donations to Aprovecho (fuel-efficient, low polluting stoves for the 3rd world), the Center for the Victims of Torture, Human Rights Watch, and Partners in Health; in addition, a couple in our church added an approximately \$6000 donation to Aprovecho. Let's see what we can do this year!

Contact Rebecca Prosser or Bob Beekman to obtain more information and to make your donations.

Plate Share for the Month

Equal Justice Initiative will be our Plate Share recipient on Sunday, April 10. Equal Justice Initiative provides legal representation to indigent defendants and prisoners who have been denied fair and just treatment in the legal system.



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).

Community Announcements

Knocking on Heaven's Door: A Three-Week Class

In our death phobic culture so much is left unsaid, undone and unplanned when we or a loved one dies. This class is designed to help the attendees learn ways to get their affairs in order, do advanced planning and to learn more about the dying process itself. We're also going to be talking about after death planning. If you have opinions about your memorial that you'd like on file with our minister at the church...this is your opportunity!

We plan to meet Sundays after church in the Conference Room for the first two weeks, April 10 & 17, then in the Sanctuary on April 24. Barbara will provide substantial snacks. Hope you will join us. You, your family and or your friends are invited to join us! If you have any questions, contact Rev. Barbara Cornell at uubcornell@gmail.com.



***Seabeck All-Ages Retreat 2016--Building Community with
Puget Sound UU Congregations
April 22-24, 2016
Seabeck Conference Center
Featuring: Kathleen Tracy, Singer, Songwriter, Teacher***

Don't miss the fun at our Seabeck Retreat! Here's your chance to get to know more people on a deeper level than "just at coffee hour!" Registration closes for our annual Seabeck Retreat on Thursday, March 31. We are still taking registrations, based on space availability until the 31st. We will then start a waiting list.

Register now at: www.shorelineuu.org/seabeck-retreat.html

Comedy Court Improv at SUUC!

Saturday, April 9, 7-8:30 p.m. Come laugh and raise money for the church capital campaign at the same time! Comedy Court performs silly, family friendly improv comedy suitable for people of all ages and backgrounds. Founders, Bridget and Jason Laflin, will be joined by 6 of their hilarious friends competing for your laughs by performing improvised games and short scenes in a courtroom setting. In the end, the Jury (the audience) decides which team wins the case. Come prepared to laugh. There is very little order in this court! Suggested donation is \$10. If you cannot afford a ticket, please don't let that stop you. We would still love to have you come laugh with us. Questions? Contact Bridget Laflin at 206-384-6001 or bridget_laflin@msn.com.



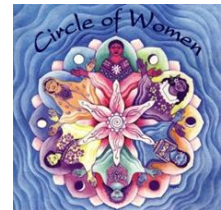
Two More Ways to Share What is Meaningful in Our Lives with Our SUUC Community



Celebration Sunday -- You might have noticed that the first Sunday of each month we have "Celebration Sunday." We put up a white board in the entrance hallway for anyone to write down something special -- it could be an anniversary or a graduation or birthday or trip or new pet or ????. Anything that one wants to mention that will happen in that month. You are welcome to add your special note to that board either before church or afterward when it is displayed in the Welcome Corner. As a way to celebrate those events, the Welcome Team even provides treats for all to share!

Sharing Tree -- We have another way of sharing our joys and sorrows other than speaking during the service. We have put up a beautiful 'tree' in the Welcome Corner for you to write on the 'pine cones' something meaningful that is happening in your life, a special thought you have, a prayer you would like to share, or words that move you in some way. These 'pine cones' are then pinned to the 'tree' for others to read. You may sign your name or leave it anonymous. These thoughts are left on the 'tree' for a month for people to read, ponder, and/or react to somehow. This wonderful 'tree' was designed and created by our own Kristen Hunt.

Join Us for the April 2nd Women's Circle!



Our brainstorming meeting in March led to another year of great programs and activities and we are delighted to see such wonderful offerings from our members! We hope you will be able to join us Saturday, April 2, to learn more about practicing Non-Violent Communication. Patti Zeitlin will be leading the workshop. We will be meeting in the Chrysalis building at 10 a.m. Please contact Juel at juelerickson@hotmail.com for more information. If you like, bring a snack to share. Women of all ages are welcome! Join us!

SUUC Evening Book Group Meeting April 6 "The owl of Minerva flies at dusk."



The book for the April meeting of the Evening Book Group (aka "The Owls of Minerva") will be *How Jesus Became God: The Exaltation of a Jewish Preacher from Galilee*, by Bart Ehrman. This is NOT a devotional or even a theological book, but a presentation for the intelligent public of up-to-date historical research in the New Testament and early Christianity. The author was once an evangelical and is now an agnostic, but the methods and views laid out in his book are generally accepted among most liberal and mainstream Christian scholars--though they are little known to the lay public. The meeting will be on Wednesday, April 6, from 7 to 8:30 p.m. in the Church Conference Room. Darrell Udd will facilitate the discussion.

The next book--for our May 4 meeting--will be *Desert Queen: The Extraordinary Life of Gertrude Bell*, by Janet Wallach.

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.

Pagan Flower Power!

This month, we explore the energies of the Flower Shower Moon and the awakening of spring! Join us to celebrate the creative energies of the natural world at 7:30 p.m. on Sunday, April 10, in the Sanctuary. We'll be exploring the Element of Air as sky, and the Perception of taste and smell. You're invited to bring an object that symbolizes your freedom and creativity, or your favorite food to share -- or both! (You can find more info here: <https://druidnetwork.org/what-is-druidry/learning-resources/perennial/unit-four/> or by emailing alison.leigh.lilly@gmail.com) Everyone is welcome! We look forward to seeing you there!



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, April 16, 9-11 a.m. We will discuss the theme "Faith" at this meeting. All SUUC men are welcome at our monthly breakfast meetings on the third Saturday of each month.

April Calendar of Events

Friday, April 1

12-2 p.m. Appreciating Elderhood, Sanctuary

Saturday, April 2

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

Sunday, April 3

10:30-11:45 a.m. Worship Service and Children's Activities, Sanctuary & Chrysalis

Tuesday, April 5

6-8 p.m. Weekly Game Night, Chrysalis

Wednesday, April 6

6:30-8 p.m. Potluck Supper, Sanctuary

7-8:30 p.m. Evening Book Group, Conference Room

Thursday, April 7

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

7:45-9 p.m. Music Committee, Conference Room

Saturday, April 9

9:30-11:30 a.m. Social Action Meeting, Conference Room

6-9:30 p.m. Comedy Court Improv, Sanctuary

Sunday, April 10

10:30-11:45 a.m. Worship Service and Children's Activities, Sanctuary & Chrysalis

12-1 p.m. Knocking On Heaven's Door Class, Conference Room

4-7 p.m. Chamber Music Group, Sanctuary

7:30-9:30 p.m. Flower Shower Moon, GreenSong Pagan Group, Sanctuary

Tuesday, April 12

1:30-3:30 p.m. Chalice Circle, Nursery

6-8 p.m. Weekly Game Night, Chrysalis

7-9 p.m. Tues. Evening Chalice Circle, East Chrysalis

7-8:30 p.m. Voluntary Simplicity Class, Conference Room

Wednesday, April 13

6:30-8:30 p.m. Potluck, Sanctuary

7-8:30 p.m. Welcome Team, Conference Room

Thursday, April 14

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

7-9 p.m. Board Meeting, Conference Room

Friday, April 15

10-11:30 a.m. Charites Chalice Circle, Udd Residence

12-2 p.m. Appreciating Elderhood, Sanctuary

Saturday, April 16

9-11 a.m. SUUC Men's Group, Wedgwood Broiler

Sunday, April 17

10:30-11:45 a.m. Worship Service and Children's Activities, Sanctuary & Chrysalis

12-1 p.m. Family Potluck, Sanctuary

12-1 p.m. Knocking On Heaven's Door Class, Conference Room

6-8 p.m. Youth Group, Youth Portable

Tuesday, April 19

6-8 p.m. Weekly Game Night, Chrysalis

Wednesday, April 20

10 a.m. Soundings Copy Deadline

6:30-8 p.m. Weekly Potluck, Sanctuary

7-8:30 p.m. Worship Planning, Conference Room

Thursday, April 21

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

7:30-9 p.m. Committee on Ministry, Conference Room

Friday, April 22-Sunday, April 24

Seabeck Retreat Weekend

Sunday, April 24

10:30-11:45 a.m. Worship Service and Children's Activities, Sanctuary & Chrysalis

11:45 a.m. -1 p.m. GreenSong CUUPS Pagan Group Check In, Conference Room

12-1 p.m. Knocking On Heaven's Door Class, Sanctuary

Monday, April 25

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

Tuesday, April 26

6-8 p.m. Weekly Game Night, Chrysalis

Wednesday, April 27

6:30-8 p.m. Weekly Potluck, Sanctuary

Thursday, April 28

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

Sunday Volunteer Schedule

April 3:

Nancy Curtis & Joan Brooks, Greeters

Shirley Beresford & Donald Patrick, Ushers

April 10:

Andy Landis & Megan Watson, Greeters

Alison & Jeff Lilly, Ushers

Amanda Ray, Barista

April 17:

Valerie Sammons & Earl Davis, Greeters
Jeremy Corvialis & Anne Martin, Ushers

April 24:

Carolyn Brenner & Sue Leisy, Greeters
Paul Borrmann & Barbara Stilson, Ushers
Amanda Ray, Barista