

Soundings



Newsletter of Shoreline Unitarian Universalist Church

Minister's Message

Dear Friends,

As I write this, things have been changing so fast as a result of the coronavirus and social distancing that my head is spinning from all the things I've needed to learn in a big hurry. All of a sudden, church is not a place where we physically get together, it's a Zoom meeting or a Facebook livestream or a phone conversation. Very disconcerting.



I'm sure you are in a very similar period of adjustment.

At this time, above all, your church wants to connect with you and enable you to connect with your fellow members.

Here are four ways to connect.

1) **Pastoral Care:** We are restructuring the pastoral care system. We are not relying on neighborhood groups at present, as some of them are strong and others not so strong. More news will be forthcoming about that. In March, we made phone calls to about 50 people we thought might appreciate a call, and we will do that again. I invite you to get ahold of the new updated Church Directory (email the office if you haven't already receive it, or can't find it), find your listing, and make a phone call to the next three people on the list. Come on, you can do it. Chat for five minutes. Make someone's day.

Meanwhile, if you have a need for pastoral care -- whether that is a phone call from me, meals to be delivered, errands to be run, or just someone to talk to if you feel isolated or lonely, please use this form to report what you need. [Joys and Sorrows Submission Form](#)

This information comes only to me. If you want your item to be included in Joys and Sorrows during a worship service, you can so indicate. But if you have a need for a confidential conversation with me or any kind of pastoral care, please use this form to tell me what you need. This is confidential. Or you can call the church office to report on your need or someone else's. Brandon will pass your message on to me.

2) Being part of our church-wide **network of caring:** 46 people have responded to our survey to create this network. I'd like to see 100 percent of our members *(continues)*

respond. This very short survey just asks if you are willing to be called on occasionally to help with a simple task. Please, if you haven't yet completed it, take two minutes to do it now. [Congregational Caring Survey](#)

3) **Joyfulness class:** I wrote a book called Full-Spectrum Joyfulness (now sadly out of print) and developed an adult ed class based on it, that I've taught at several churches and other locations. It has been made into a correspondence class for people in prison, as well. I've taught variations of it twice at Shoreline UU. And now I'll be offering it again because I just can't think of anything better for the times we are in.

The class will run for 6 weeks, starting Tuesday, April 21.

If you'd like to take Joyfulness 101, do this:

Read the week's assignment and do the homework. The readings will be found here <https://www.shorelineuu.org/joyfulness-class.html> starting Monday, April 14.

If you'd like, join the Joyfulness 101 ZOOM discussion group on Tuesdays, from 11:00 am to 12:15 pm. The dates: April 21, 28; May 5, 12, 19, 26. Here's the log-in URL: <https://zoom.us/j/101309284> The meeting ID is: 101-309-284 And if you'd rather join by phone, here's the phone number: 669 900 9128

No pre-registration needed. If the past is any indication, this will be a great way to practice finding joy wherever you are and whatever is going on around you; and a good way to have some lively discussions with others.

And finally,

4) Drop in to my **virtual coffee hour** on Zoom, Thursdays at 10:30-11:30 am. Here's the log-in URL: <https://zoom.us/j/462575235> The meeting ID is: 462-575-235 And the phone number is: 669-900-9128. We'll just chat about whatever is on our minds and hearts.

Lots of opportunities to connect. If you want more, or different, please let me know, and I will try to help you create something to fulfill your needs.

These are extraordinary times. This won't last for ever. But while we are in the middle of it, let's take every opportunity to connect with our fellow travelers, make deeper friendships, and support each other through this strange time.

Faithfully,

[Rev. Amanda](#)

Temporary Minister

President's Message



Dear Friends,

What a difference a month makes! So much has changed since the beginning of March. These are indeed challenging times. I hope this message finds you physically, emotionally, and spiritually healthy!

I want to update you on several things. First, our financial situation. We paid off our \$88,000 Verity Credit Union loan in early March, so we no longer have a bank mortgage on the Davis building. Yay for us! While the Verity loan was our single most expensive debt, we still have several loans for the Davis building from members/friends in the amount of \$90,000 and from ourselves (our endowment fund) in the amount of \$95,000. So paying off the bank was huge in terms of lightening our monthly operating expenses. Last year, our loan payment to Verity credit union was about \$1400 per month. Thank you to all of the members and friends who continue to provide loans for both the Davis and the Dome buildings.

On a more somber note, we have lost rental income due to the Coronavirus crisis. The board is working with our tenants to maintain relationships with them and hopefully they will all come back when the crisis is over. Also, we are streaming our services now, and people have to adjust to doing their giving online. Please be in touch with the office if you are not sure how to contribute online. Also, please keep us updated with respect to your pledge status so we can make adjustments as necessary.

The second thing I'd like to mention is our interim minister search process. With input from the congregational life committee, the board voted on March 3 to create an interim search committee made up of Susan Storer Clark, Dana Doerksen, Brian Flaherty, and Libby Gray. Many thanks to them for stepping up! We have a UUA support person as we embark on this search whose name is Christine Purcell. Our application for an interim minister is due in late April. The board and search committee will try to have some Zoom "coffee hours" so you can ask questions and provide input on what you want in an interim minister. As Susan mentioned in a recent e-bulletin, one of the first decisions has to do with the length of interim ministry (one year or two). There are arguments in favor of each of these. I urge you to look at the transition handbook document prepared by the UUA, <https://www.uua.org/files/transitionalministryhandbookpdf>, as well as a (somewhat dated) video on the interim process, <https://www.uua.org/careers/ministers/interim/opportunity>.

The third thing that we're still investigating is our dome roof replacement. We are hoping to be able to move forward with this. We have narrowed down our search to essentially two

types of roofs and we have bids from several contractors. Many thanks to Ed Buzzell and Cal Spangler who are helping with this. There is the traditional asphalt shingle roof which is what we have now. Many of the contractors that we've spoken to have been leery of roofing with shingles, because of all the seams/angles in the dome. We know that the original roof was done in 2003 and began leaking after 15 years or so. An alternative material is "PVC" or poly-vinyl chloride. Most flat roofs these days use this material. It is very waterproof (swimming pools are lined with it) and it is relatively easy to install, with heat sealed seams. I've included a picture of our dome with a shingle roof, and two pictures of PVC dome roofs from one of our contractors. Neither has exactly the shape of our roof, but hopefully will give you an idea. We would probably choose a dark gray color to match the rest of our roof. The price and the warranty (20 years) for shingles and PVC is about the same, but the roofers seem to lean toward the PVC as being more durable and easier to maintain. We are curious what you think. Please let us know at one of our coffee hours, or send Catherine an email.



Finally, a shout out to those who put together our live streaming services (on a moment's notice!), especially Eric Scott, Rich Clark, Ben Tompkins, Susan Storer Clark, Sarah Dilling, all the chancel musicians, Peggy Williams Scott, Dianne Carreri, the worship planning team and our story tellers. Thanks to Rev Amanda, Brandon, Chris and Wil for adjusting to a whole new way of doing their jobs. Thanks to those who helped get some more cabinets in the Davis building kitchen, including Juel Erickson, Cal Spangler, Rick Wilson and Jennifer Klock who did the electrical work! Forgive me if I missed anyone!

In these times of uncertainty and isolation, remember that we are still a community that cares for each other. Things will get back to normal.

Sending love to you all from a "safe distance,"

Catherine Crain
President, SUUC Board of Trustees

Side by Side... a column from Mental Health & Recovery Ministries

I wanted to take a break from the articles I've been writing about the truly awesome book on addiction, *In the Realm of the Hungry Ghosts* by Dr. Gabor Maté to address the topic of social distancing and relapse. Try to remember, even though your brain is telling you the opposite, *you matter*. You are worthy and valuable just as you are! Lots of people love you. As you go through your day, I hope you stop every now and then, and spend a minute breathing in this ultimate truth: you are beloved.



Isolating can be a terrible trigger for all people in recovery. Now we *must* isolate to "flatten the curve" to slow the spread of this dangerous virus. How are we to stay clean and sober? If you are struggling in this time, know that you are not alone. This is an excellent time to phone someone from your recovery group phone list (especially if you've never done this before) or to check out the many online meetings that are being offered, if your group isn't meeting

online. Your group buddies are feeling lots of the same feelings you are feeling so please use your phone list. If you don't have a computer, remember that most online meetings can be accessed by phone. I've even heard that there are some groups that are continuing to meet in person. Check out the websites for more information. Needless to say, meeting in person won't be an option for you if you have any symptoms of cold or flu.

If you are struggling now and fear a relapse, please reach out to someone. In addition to your group mates, you could call your friends at church, Rev. Amanda, folks in your neighborhood group or you could reach out to Chris Poole or me. Our contact info is below.

Our Family and Friends group is on hiatus for the duration of the global health emergency. If you need some support reach out to Chris or me. Your call is most welcome and we'll get back to you as soon as we are able. Chris Poole 206.542.9271 or Rev. Barbara Cornell uub-cornell@gmail.com We are here for you. Stay safe and be well.

Rev. Barbara Cornell
Affiliated Community Minister

A Message from our Choir Director

In these challenging times it is not possible to share important music programming events as timing and collective conditions point us toward living in the moment, day by day. Perhaps this is a lesson worth investigating. Time and isolation affords us the opportunity to slow down and investigate what is truly important and what it is that we are most thankful for. As my colleague Wendy Luella Perkins writes in her chant, "Slow it all down, take it all in, let it all go. Open, open." This might be a time to pay particular attention to experimenting with using our voices in different ways. Speaking gently, quietly humming or wailing away in the shower. As the familiar hymn goes, "My life goes on in endless song. How can I keep from singing". I have recently discovered Jim Donovan and his workshop CD, Donovan Sound Solution. One of his exercises involves gently tapping fingers in a steady rhythmic pattern while sounding specific vowels sounds, with a focus in each body chakra. A relaxed way of breathing deeply, making sound and creating a resonating awareness in our bodies. And there is also an alternative exercise; experiencing the silence. With permission from my beloved, Marilyn Overcast who penned this poem, I would like to share, LISTEN. Who am I and why am I here? Listen. I am a baby's cry. Listen. I am the flapping of a hummingbird's wings,

Listen. I am one drop of ocean water, Listen. I am ripe fruit on the branch of an apple tree. Listen. I am the movement of a snail. Listen. I am the hand that touches and heals every wound. Listen. I am the breath of life in this and each, eternal, moment, Listen. I am consciousness, awake, rolling in the hay of life, Listen. I am joy and sorrow, knowing each as a gift. Listen. Waking up, the one heart rhythm is finding its resonant, symphonic, chording, Listen ...

I am thankful that we all have each other and are in ministry together.

Wil Sederholm
SUUC Choir Director

New Congregational Care Team, New Opportunities for You to Help and Be Helped

Dear Friends,

Together, we comprise an interconnected web in our church community. Each one of us is sometimes in a position to help, and each one of us is sometimes in need of help.

As the coronavirus threatens, there is an especially urgent need to strengthen our web and enable helpers and those in need to contact each other.

There are two types of help that are offered within the congregation:

- 1) pastoral care -- attention to spiritual and emotional needs; and
- 2) practical help -- providing meals and other aid for families and individuals in crisis.

We are rebuilding the entire structure to provide both pastoral and practical care under the umbrella name of Congregational Care.

A vital part of this effort is to enlist every member of the congregation as a contributing member of the Congregational Care Team.

Every member is being asked to agree to be called on occasionally to provide practical help in areas that they choose.

Like to cook? Offer to be on call occasionally to prepare a meal.

Like to work outdoors? Offer to be on call occasionally to help with a gardening project for someone who's laid up.

Can't leave the house? Offer to be on call occasionally to make phone calls.

Everyone can help.

(We realize some of the tasks mentioned in the survey are not relevant right now due to social distancing. But social distancing won't last forever! So please complete the survey as if life were already back to normal.)

To date, 45 people -- that's about a quarter of the membership -- have completed this survey and agreed to be on call for their preferred tasks, as the needs arise.

Please make it 100 percent by completing this very quick survey right now: [SUUC Congregational Caring Survey](#)

If you are in need of help -- a ride, a meal, a phone conversation -- please use the following form any time to ask for what you need. Or if you have a joy or sorrow and would like to share it with the congregation, use the same form. All your answers are confidential and will go directly to the minister, Rev. Amanda. You can also call the church office any time and leave a message for Brandon, but that may well take longer. The form is your best bet. There is a permanent button on the church website for this form, as well.

[Joys and Sorrows/Congregational Care Form](#)

If you have immediate need for pastoral care -- listening and help with spiritual or emotional needs -- please feel free to contact Rev. Amanda directly, any time. The form will get to her right away, or you can [email her](#)

This plan does not replace neighborhood groups, chalice circles, the women's group, or any other formal or informal group that exists within SUUC. If you already have a system of support that works for you, that's wonderful, and keep it going! But if you need practical, short-term support, don't hesitate to use the Joys and Sorrows/Congregational Care Form and let the congregational care team know. We're here to help.

Faithfully yours,

Shelley Anderson, Judi Kalitzki, Carolyn Threadgill
Congregational Care Team Coordinators

Seabeck Retreat Cancelled

Unfortunately, our Annual Spring Retreat at Seabeck has been cancelled. All payments and deposits will be refunded in full. We are in the process of rolling over our reservation to next year, when the new Pines building will be available. It's something all of us Seabeckians can look forward to.

For now, we must all do our job to stay healthy and well.

Very best wishes from,
Your Seabeck Planning Committee

Women's Group

All women of SUUC; please note that we will meet in our hearts, on the phone or on Zoom. There will be a notice when we have a meeting again. From all of us to all of you; we hope that everyone is going well. Please reach out to someone anytime you are needing a friend.

SUUC EVENING BOOK GROUP STARTS MONTHLY BOOK DISCUSSIONS ON APRIL 1

"The owl of Minerva flies at dusk."

The Evening Book Group (aka "The Owls of Minerva") will meet on Wednesday, March 4, from 7:00 to 8:30 p.m. by Zoom video conference. We're discussing Beyond the Beautiful Forever: Life, Death, and Hope in a Mumbai Undercity by Katherine Boo.

We will send out the information about how to log into and use Zoom in our Friday, March 27, reminder e-mail (the monthly e-mail that includes a non-required poetry selection from the Poetry Evangelist). If you have not been receiving these reminder e-mails, but would like to participate in this book discussion, please contact Bob, [\(206\) 527-7340](tel:2065277340), rlbeekman@gmail.com.

Looking ahead a month, the book for our May 6 discussion will be Winners Take All: The Elite Charade of Changing the World by Anand Giridharadas.

Tiny House Project has a Go Fund me Page

[Shoreline UU Church](#) is partnering with LIHI ([Low Income Housing Institute](#)) to build a tiny house which will then be moved to one of the Tiny House Villages in Seattle. Our plan is to build our first tiny house, and then, hopefully, many more. Any funds we raise over our \$3,000.00 goal will go to build future tiny houses or be donated to LIHI to help with their venture.

<https://charity.gofundme.com/o/en/campaign/help-shoreline-unitarian-universalist-church-build-a-tiny-house>

Visit the link above for more info!

Zoom Meeting Drop-In Practice/Help

Did you know that SUUC member Sarah Dilling hosts a “drop-in” Zoom session every week-day from 3-4 p.m.? If you’d like to participate in Zoom meetings/services but don’t know how, or if you already are using Zoom and just want to get to know how you can better utilize the service, then send an email to office@shorelineuu.org and Brandon in the office will help you get set up!

SUUC Board of Trustees (BOT) Meeting Minutes for March 3, 2020

Harper Room (Youth Group Room)

Expected Guests: Karen Thompson, Eliza Sutton, Paul Bormann

Opening words (Rev Amanda)

7:00-7:05

Conference Call with Christine Purcell

(UUA Transition Program Mgr)

7:05-7:45

Paul Bormann, Eliza Sutton, and Karen Thompson (Members of Congregational Life Committee (CLC)) were in attendance for a discussion on the interim minister’s search process with Christine Purcell.

The search team is usually comprised of members of the BOT.

The church fills out a profile and application for an interim minister that is due to the UUA April 23.

There can two rounds of election depending on success in finding an interim minister on the first round. The first round ends May 18th.

If successful, interim ministers start August 1st.

There were several questions posed to Christine regarding the term of the contract – 1 year versus two, contractual stipulations, pay, and the role of the interim in terms of working with the congregation to prepare it for a search for a settled minister.

Christine stated she would be the church interim minister search champion and help us in any way

There was a general conversation among BOT members/guests regarding the last interim minister experience, how to solicit input from the congregation especially around whether the interim minister should be one year or two years.

When asked about the biggest mistake church's make regarding the interim process, Christine's response was the church decides to go lay lead rather than having an interim at all. In those cases, she has seen congregations go downhill and never recover.

Update from CLC on interim minister search committee candidates

There were a number of names mentioned as possible candidates to fill the committee positions.

There was a general discussion about diversity of membership to reflect the diversity of the congregation such as parent, age diversity, length of membership.

Check-in 7:45-7:55

Approval of minutes 7:55-8:00

Feb. 18 BOT meeting minutes were approved.

Feb. 9 congregational meetings minutes were approved to distribute to the congregation.

Review of Action Items from last mtg (Earl) 8:00-8:05

Coronavirus response

There was a general discussion of recent developments in the spread of the virus and what the church should do to prepare/protect congregants.

Action item: March - Rev. Amanda, Jo Moore and Eliza Sutton to form a task force and come to the BOT in two weeks with a response plan proposal

Duwamish Plaque Vote 8:05-8:10

BOT voted unanimously to approve the placement of the plaque per the

guidelines specified at a previous meeting

Roof Update (Catherine)

8:10-8:15

There has been one bid provided costing roughly \$75,000.

There is a question on the two major options for roofing materials: Malarkey shingles versus Durolast PVC.

Malarkey shingles look more natural but are hard to install on a dome in a way that will not leak.

PVC shingles look less natural but installation is more foolproof and thus roof will last longer

Action item: March - Catherine will provide a write-up on the two options in the Soundings for congregants to consider

Pastoral Care Plan and Amanda's absence

8:15-8:30

Rev. Amanda said the approach would be to solicit input from congregants through a questionnaire of ways they could help

Carolyn Threadgill would serve as help coordinator and reach out to volunteers depending the need and the availability of help form questionnaire respondents

Financial Report

8:30-8:55

City of Shoreline to make a presentation to the church on the footbridge and its impact to the church on March 15

Action item: April - Earl will attend the city of Shoreline meeting on the footbridge to be held April 7.

Tiny House

Funding for the project would take place outside of the church and the approved budget

School closure for month of March will impact rental income

Catherine will call Rick to assess impact of closure on rental agreement

General budget discussion

Ryan assessed various aspects of the church finances as indicated in the monthly financial reports.

Action item: March - Catherine will write a message to the congregation about the Verity loan payoff.

Ryan requested that the financial report component of the agenda be moved to the top to ensure sufficient time is given to the report and any deliberations.

The question of COBRA and its applicability to Kate was discussed

Action item: March - Catherine will follow up on Kate's eligibility in regard to COBRA.

Ryan mentioned the meeting with Paul, Marley, and Earl to discuss role and responsibilities of the VP of Finance. There will be a division of labor to enable a new VP to carry out the duties but spread those among a finance committee. The areas of rentals and fundraising should be overseen by someone actually involved in these activities.

The issue of financial support for childcare at meetings and events was discussed.

Action item: April - Rev. Amanda will talk to Chris Pollina about developing a program to help with this issue.

Write thank yous

8:55-9:00

For future meetings – Roof Bids, Building Security Plan, Auction Follow-up, Bylaw revisions and possible name change.

Thank yous

Bob Plaag for filling pothole with gravel, David Duke for vital help for landscaping improvement and maintenance, Peggy and Eric Scott (and all others) who assisted on the Risk/Benefit events

Cal Spangler and Juel Erickson for their gracious hosting of the farewell event for Rev. Kate, Rick Wilson for gathering cards and funds for farewell gift for Rev Kate.

Krista Tenney and Edie Loyer Nelson (and whole social action committee) for work on the Duwamish plaque.

April Worship Services

Services will continue to be held every Sunday at 10:30 a.m.

For the duration of April, services will be online only.

We will most likely be holding all of these services on Zoom. The easiest and quickest way to link yourself into the service is to go to the home page of our website at www.shorelineuu.org, scroll down to “Upcoming Services and Events” and then click the link that says “Join Zoom Meeting” directly below the service title.

We hope we will all be able to meet in person again soon, but we are grateful to be able to gather online while we are not able to gather in person! Hope to see you “there”!

Shoreline Unitarian Universalist Church

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2020 Board of Trustees:

Catherine Crain, President; Ryan Dunne, VP-Finance; Susan Storer Clark, Vice President;
Earl Davis, Secretary; Dana Doerksen; Marley Banker; Jo Moore

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Wil Sederholm, Choir Director	
Carly Davis, Nursery Attendant	
Monica Barroga, Nursery Attendant	

Calendar available online at <http://www.shorelineuu.org/calendar.html>