

Soundings



Newsletter of Shoreline Unitarian Universalist Church

From Our Minister

Dear Ones,

It is mid-summer- how is your spirit? Let's take a minute to check in with our souls.



Rev. Kate's Official Soul Audit, Summer 2019

What would you like to learn this summer? What would you like to experience? What would you like to release?

Do you feel connected to the people you love? Do you feel appreciated? Treasured? Loved?

Do the people you love know that you love them? Who could use a hug, a phone call, a thank-you note?

Are the people you love kind to you? Do you feel safe (emotionally, physically) when you are with them?

Do you have the capacity (time, space, inclination) to be creative?

Toward what are you giving your hours and energy? Are you content with the results of those expenditures?

How does your physical body feel? What hurts and what feels powerful? What parts of your body could use more care? Is your body longing for a massage, a glass of water, a handful of blueberries, a hug? Are you getting enough rest? Too much rest?

Are you using your computer, phone, and social media accounts in ways that increase your well-being?

How is your relationship with the natural world feeling?

Do you feel connected to something bigger than yourself? A social movement, a community, God, Mystery? How can you invest your time in those connections?

If your life ended this summer how would you hope people remembered you? What would be your legacy?

In our summer rush to enjoy every second of sunshine, remember to look inside. In our

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busy world we sometimes forget the power we have to prioritize how we engage with our lives and with each other. Spend some time with your audit answers. Maybe some life re-organization is in store.

This month I am off to Creative Arts Elliot, a UU Family Camp at Seabeck Conference Center. I am leading evening worship services around the theme of the natural elements: Air, Water, Fire, and Earth. I am also looking forward to plenty of time swimming in the lagoon, making smores, and singing around the campfire. Perhaps I will see you there! On August 18th I am putting you in charge of the sermon. It will be a Question Box theme. I will randomly draw questions from those submitted by the congregation and answer them on the spot. I have never done a Question Box sermon but they are popular in many UU congregations and August seemed like the right time to try something different. E-mail questions to the office (office@shorelineUU.org) ahead of the service, or write them down that Sunday morning.

I hope the blessings of summer's abundance are with you, and I look forward to seeing you after camp.

Love,

Rev. Kate

President's Message

Dear Friends,

Summer is well under way and there is lots going on at SUUC! Several of you attended UUA General Assembly in Spokane in June. I could not go this year, so I'll leave it to others to report on that but I'm sure it was amazing!

On July 12, we held a candlelight vigil in the parking lot of SUUC for Lights for Liberty, standing in solidarity with our immigrant brothers and sisters and protesting the way they are being treated by our government. Lots of congregants, including representatives from the Social Action Committee, were there and helped with last minute details. The vigil was well-attended. I estimate that about 100 people came and many of them were community members who had learned of the event through Facebook or the media. We heard a special guest, Venus Aoki, a transgender woman who immigrated here from Mexico and she talked about her struggles and hopes. Rev Kate, Rev Barbara, Rev Carmen and Rev Amanda led the service. We sang



songs, heard readings and a prayer and lit candles. We heard a very moving poem, Home, by Warsan Shire (https://www.care.org/sites/default/files/lesson_1 - home-poem-by-warsan-shire.pdf).

In other news, the Board of trustees met July 11 and had a very full agenda. This is a busy time of year for the board as we begin the budget process. Some of the highlights of our meeting:

- 1) We approved an updated set of rental policies and rental rates. Many thanks to Karen Thompson and Stephanie Metting who worked on these revisions. We learned that we need to keep careful track of our rentals for tax purposes. We are allowed to rent to non-profit as well as a limited number of for-profit businesses but this must be carefully limited and tracked to avoid tax consequences.
- 2) Ryan is working hard on the 2020 proposed budget and getting ready for the fall stewardship drive. We will do house meetings again and you will be invited to attend one in the fall. The stewardship committee will be working with the board and Rev Kate to determine the content of those meetings, but so far we know that we want to include a discussion of our Sound Transit revenue and some Visioning for our future. Thank you to the stewardship committee, the house meeting organizers and the house meeting hosts for making this all happen!
- 3) We are working to revitalize the Committee on Ministry and adjust the bylaws governing this committee. The three tasks of the Committee on Ministry are to support and assess the minister; to provide assistance to congregants and committees in conflict resolution; and to assess other ministries of the church as needed.
- 4) We are working to get an estimate for the Dome roof repair.

I know that these are all important issues that many of you are concerned about. Please know that we hear you and want to address your concerns. Please stay in touch with us and let us know if you have *any* questions or concerns. You can email me (Catherine_crain@comcast.net) or any member of the board.

With gratitude,

Catherine Crain

President, SUUC Board of Trustees

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

Our theme this year is books that will enhance our recovery. In this our final installment in our three part discussion of the Diana Butler Bass book, ***Grateful: The Transformative Power of Giving Thanks***, let's consider her invitation to begin a gratitude practice. Dr. Bass says that gratitude is a disposition that can be chosen and cultivated, an outlook toward life that manifests itself in actions—it is an ethic. This ethic involves developing habits and practices of gratefulness that change us for the better. Gratitude involves not only what we feel, but also what we do. Emotions can seem to desert us, but we can choose to give thanks and act in accordance with grace (unearned gifts). Some ideas to try out: one day a week, write down five things you are grateful for from the past week; write a thank you note (in longhand, put a stamp on it and send snail mail) to someone you want to thank; and my personal favorite, be on the lookout for someone in your daily life who is going above and beyond to be helpful and thank her/him.



Dr. Bass reminds us that gratitude isn't a happy pill, but a practice that can be transformative. Gratitude is a place; we are grateful (not for all things), but *in* all things, *with* all things and *through* all things. To that, I say, AMEN!

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 will next meet in August on the fourth Monday, August 26, 2019 in the conference room at church from 6:30 to 8 PM. There will always be a place for you to join us!

Rev. Barbara Cornell

Affiliated Community Minister

From Rev. Amanda Aikman

A spiritual companion

"A blessing is not something that one person gives another. A blessing is a moment of meeting, a certain kind of relationship in which both people involved remember and acknowledge their true nature and worth, and strengthen what is whole in one another. By making a place for wholeness within our relationships, we offer others the opportunity to be whole without shame and become a place of refuge from everything in them and around them that is not genuine. We enable people to remember who they are."

— Rachel Naomi Remen



Dear SUUC Friends,

That moment of meeting. Isn't that what we all -- atheists, agnostics, theists, pagans -- crave? To be a place of refuge for one another, and to find that place of refuge in someone else?

The intimacy and honesty that lead to wholeness and healing are rare and precious. I am feeling deeply fulfilled by the "moments of meeting" I'm experiencing with the SUUC folks who have been coming to talk with me.

Please contact me via my website, www.revamanda.com, if you'd like to explore spiritual direction.

Wishing you a blissful -- and deeply relaxing -- month of July.

Amanda

*Rev. Amanda Aikman
Affiliated Community Minister*



Treasurer's Message

It's been busy as always, here's a quick update on what's been going on since the last congregational meeting.

First, we've begun preparations for the 2020 stewardship drive, which will kick off on September 22nd. Ten gracious households have volunteered to host house meetings that will be similar to those we've had in the past. A couple of house meetings will happen before the 22nd and the rest will happen over the following couple of weeks. Be on the lookout for announcements on how to get involved!

Next, several weeks ago I sent a message asking committees for 2020 budget requests. Please get those in by August 12th! The draft 2020 budget will be posted before the stewardship drive kickoff on the bulletin board, as usual. Please, talk to us at the house meetings about your thoughts on the budget. We're contemplating other forums for those that cannot make it to a house meeting. If that's inconvenient, let me know and we'll find a time to get coffee or meet after church. I want to make sure your feedback is included in the discussions the board has about the budget we bring to the next congregational meeting.

During the last congregational meeting, a comment was made requesting more transparency on how the Sound Transit rental funds were being utilized. To provide these details we are generating an additional report that will accompany the balance sheet and income vs. expense report on the bulletin board in the foyer. This new report (which I call the Sound Transit/ST report) shows the funds received by SUUC, the payment to Verity Credit Union (loan principal) and how they are being spent on landscaping and bookkeeping services as we discussed.

Thanks to everyone who has over-explained on their reimbursement requests and all that you do for SUUC!

Respectfully,
Ryan

Treasurer, SUUC Board of Trustees

Director Of Religious Exploration

Greetings everyone, and I hope you are in the midst of a wonderful summer full of quality time with your family and friends. The majority of this summer has been extra-sleepy in terms of the number of kids and families present but we ended the month with a large group of kids on the day we chose to speak about composting and how we can expand the amount we compost here at Shoreline UU Church. As the kids learned in this session, when biodegradable waste goes into landfills, it takes much longer to break down and often create chemicals and gases which contribute to worse water quality and climate change. The items in landfills can't be effectively reincorporated into the interdependent web of life in which soil grows plants, which provide food and other goods, which feed animals, which leads to waste products, which help add nutrients to the soil, which starts the whole process over again. To help make sure our church minimizes our contribution to landfills, the kids created compost bins for each of the four bathrooms of our church so that we can put our paper towels (which are compostable) back into this cycle of life. Make sure your paper towels go into these new green bins!



This project was a brainchild of a newly developing group which has been dubbed the SUUC Climate Action Team, or "SUUC CAT" for short. This group of kids and adults has come up with a variety of ways to address the problem of climate change in our church and community including learning about the importance of pollinators and how to help them, this composting project, researching planting trees in our backyard by the playground, and more. The group doesn't have a set meeting time yet – summer has unsurprisingly made it difficult to schedule regular gatherings – but we will soon! If you'd like to find out more about this and join the group, let me know and keep an eye on my emails as well as the church calendar. One thing I'm sure a lot of folks in our church will be doing together is participating in the Youth Climate Strike on Friday, September 20, during which there will be another large public gathering in support of radical action to stop climate change. This event has a lot of emphasis on collectively fighting climate change through changing public policy and through direct action against the biggest polluters in our area. I'm going to be helping coordinate rides for anyone interested in attending so please let me know if you and/or your kids are interested in attending! If you'd like to hear a short interview done at the last Climate Strike event (both the interviewer and subject are SUUC members!) check it out here: www.kbcs.fm/2019/03/18/seattle-youth-climate-strike

In other news around the church, starting in September there's going to be a new monthly gathering for families on Sunday evenings. From 4-7pm, families with kids are invited to the Davis building for a time to explore a theme in a more open ended and participatory way than a traditional worship service allows for, followed by a dinner. Dinner will be provided at each gathering and we will also have childcare for kids too young to participate in the program segment which takes place before dinner. We're hoping this will be a time

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when kids and parents can get to know each other, have fun, and explore some meaty topics in a multi-generational group. These will be taking place monthly on the first Sundays except for September, when the group will gather on the second Sunday, September 8. Again, stay tuned to my weekly emails and the church calendar for more information about these. This would also be a great event to welcome new folks to who might be put off by the traditional worship format!

That about does it for this month. The classes are mostly staffed for the coming year but there are still a few openings available – if you are interested in spending some quality time with kids exploring our faith this year, please get in touch soon and let me know! I hope you are all doing well and look forward to seeing you on a Sunday soon,

Chris Pollina
shorelinedre@gmail.com

Minutes of the Board of Trustees Meeting, 7-9 P.M. July 11, 2019

Attending: Ryan Dunne, Catherine Crain, Earl Davis, Marley Bunker, Jo Moore, Susan Storer Clark; Absent: Rev. Kate Landis, Dana Doerksen; The meeting opened at 7:00pm

Opening words; Check-in; Approval of previous meeting's minutes: The minutes of the June 2019 meeting were approved.

New Business-

New rental policies

Karen Thompson and Stephanie Metting gave the board an update on the review of the rental policy currently in effect at SUUC.

There are questions concerning tax issues for rental income as it relates to Washington state and Federal UBT.

There was a general discussion on the use and limitations for rentals

Motion to approve policies by Earl Davis. Seconded by Marley. Vote was unanimous

Action item: Marley to investigate who runs the rental committee

Point of information: Ryan requested to know guidelines on who the church can rent to.

Signature Language for the endowment chair

Added to minutes authorizing select members to access the endowment accounts: The Board authorizes Brandon Hunter to access and administer our Vanguard, Verity, and Parnassus accounts.

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Motion to approve authorization by Earl Davis. Seconded by Marley. Vote was unanimous.

Bylaws changes needed for the Committee on Ministry (COM)

Catherine described the purpose and history of the committee. Currently the COM is not active. There needs to be policies and procedures around conflict resolution.

Ryan suggested a task force to restart the COM

Action item: Catherine Crain will lead the task force.

Ministerial Assessment

There needs to be a periodic assessment of the minister.

The COM will do this in collaboration with the Board and the Minister

VP Finance report:

Ryan presented the finance report.

There needs to be clear distinction between funds coming in from operating fund pledges (those made as part of the previous year's budgeting process) versus those coming in from new pledges in the current year (lines 4010 and 4011 of the income and expense report respectively).

The church administrator should be able to help making these funds are properly tracked.

Non-renewal of loans could be problematic for making the budget. Loans turn over periodically and individuals do not always renew which requires cash to pay off the loan. 2020 will see many of these types of loans turn over.

New copier

The office administrator presented a proposal to replace the current copier and lease with a new unit that is expected to save money and provide more efficient and better copying capabilities.

The board decided to postpone a decision until August to allow for more due diligence on options and need.

Action item: Earl will determine current copying/printing needs of the church

Action item: Susan will determine music copying needs

Old Business

Involving congregation in the mission and budget

(continues)

Visibility to the use of Sound Transit and undesignated reserve funds will be in the form of separate reports for each fund source along with the current income and expense and balance sheet reports.

The vision of the board expressed in the budget approved last year was to pay off the Verity loan. This would free up funds currently expended for principal and interest to enable promised staff salary increases which were put on hold last year.

The stewardship drive will kick off in September. It will be at the house meetings that the use of Sound Transit funds will be discussed. Additional topics will be chosen prior to kickoff.

The house meeting hosts will utilize the neighborhood groups for the list of invitees to their meetings.

A task force comprised of Catherine, Jo, and Susan was formed to organize house meetings

Action item: Ryan to ask Kate for neighborhood group leaders.

Dome roof follow-up

There have been several expressions of concern regarding the condition of the dome.

The dome needs an assessment performed by an expert, preferably a group familiar with the design we have.

Action item: Catherine will take the lead on getting someone to provide an assessment.

Security audit follow-up

Chris Prosser was looking into computer security issues as well as security around people to approach the church suffering from abuse. He will focus on the hacking that has taken place of Rev Kate's emails

Sound system Review

There are issues with the sound system that need to be address.

Action item: Earl and Ryan will attend a problem review meeting with the group responsible for the sound system to determine the extent of the problem.

Meeting adjourned at 9:10 p.m.

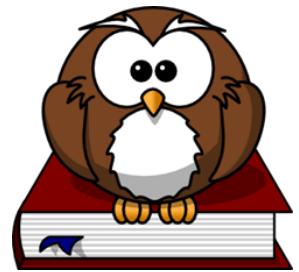
Submitted by Earl Davis, SUUC Board of Trustees Secretary

Community Announcements

SUUC EVENING BOOK GROUP MEETING AUGUST 7

"The owl of Minerva flies at dusk."

The Evening Book Group (aka "The Owls of Minerva") will meet on Wednesday, August 7, from 7:00 to 8:30 p.m. in the Brown Room, in the Davis Building. We will be discussing The Climate Casino: Risk, Uncertainty, and Economics for a Warming World, by William Nordhaus. Nordhaus won the 2018 Nobel Prize in economics for his work on the economics of climate change and responding (or not) to climate change. This book discusses the science of climate change at the start but then goes on to focus on the effects of global heating, their enormous economic costs, and the comparison of these to the costs of various measures to cope with climate change. A big emphasis of the book is the use of methods to deal with the uncertainty about how bad climate change will get and how fast. Hence, the metaphor of the casino in the central discussion of how to weigh different human responses to global climate risks.



Looking ahead, our book selection for September 4 is the novel Go, Went, Gone by Jenny Erpenbeck.

Anyone is welcome to join our monthly book group discussions. You don't have to have finished reading the book to come to the discussion. Need more information? Contact Bob, [\(206\) 527-7340](tel:(206)527-7340), rlbeekman@gmail.com .

SOCIAL ACTION MINISTRY MEETING August 10

SUUC members interested in our church's Social Action Ministry (SAM) activities will meet on Saturday, Aug. 10th, from 9:30 to 11:00 a.m. in Threadgill Hall, the social hall of our new Davis Building. We will be reviewing the focus of our Social Action Ministry for the coming year and beyond. Our SAM current commitments include membership in the statewide Faith Action Network, JUUSTice Washington, bi-monthly Sno-King Meaningful Movies with Edmonds UUC, our PlateShare program, our global SRE Leveraged Donations Campaign, and our Winter Holidays Giving Program. Some new ideas and suggestions have included: SUUC Habitat for Humanity group, either for support or to travel to a site, vigils at the Tacoma ICE detention site that will be an on-going activity, Climate Change education and resources, Abortion Access and Support, and more LGTBIQ support.

If you need more information, contact Krista Tenney (207-367-8688, tenney@earthlink.net) or Bob Beekman (206-527-8340, rlbeekman@gmail.com).

Community Announcements

Our Plate Share recipient on August 11 is Planned Parenthood.

Planned Parenthood of the Great Northwest and the Hawaiian Islands is a leader in reproductive health care, rights, and education in Alaska, Idaho, the Hawaiian Islands, and Western Washington. They provide high-quality, affordable sexual and reproductive health care for women, men, and teens. Many of their patients have no other health care available to them.

Shoreline UU Men's Group

The men's group will meet for breakfast at the Wedgwood Broiler, 8230 35th Ave NE, on **Saturday, August 17, 9-11 a.m.** The discussion topic at this meeting will be "family connections". All SUUC men are welcome at our monthly breakfast meetings on the third Saturday of each month. For information contact Dick Volkman richard.volkmann@att.net, 206 281 7944

FOR INSPIRING & EFFECTIVE LEGISLATIVE ADVOCACY, JOIN SUUC LIAISONS TO FAITH ACTION NETWORK

Faith Action Network (FAN) of Washington, of which Shoreline UUC is a member congregation, is calling for more volunteers as congregational liaisons. Register online and mark your calendars for liaison training on either August 15th midday or August 22 in the evening. The main goal of the training is to identify ways liaisons can increase participation of congregational members in legislative advocacy -- at the national and local level, but primarily at the state level in Olympia. We have had some truly remarkable successes for social, economic, and environmental justice over the years in Washington State, but none of our "wins" came without diligent and informed legislative advocacy effort.



FAN staff are working on the agenda for these engaging training meetings, but you can reserve your place at one of the training sessions at this website link: <https://fanwa.ourpowerbase.net/civicrm/event/info?reset=1&id=161&%3Bqid=2001349> If you want to have advance input on the training sessions' agenda, that web page has contact information for reaching FAN directly. Or contact Bob Beekman, (rlbeekman@gmail.com) if you want more information about FAN, its work, what it would mean to join Bob as a Shoreline UUC liaison -- and possibly to arrange for ride sharing to the August 15th training session,

Community Announcements

Keep us out of "Perkatory" - be a barista!

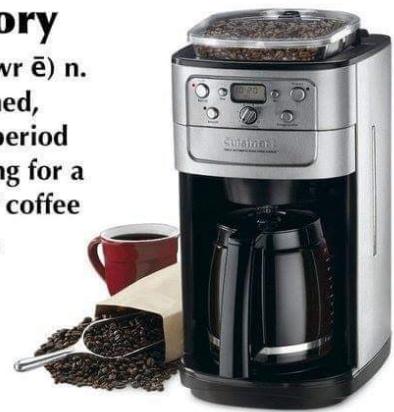
Sign up HERE: <http://tinyurl.com/suuc-coffee>

Details: <https://tinyurl.com/barista-job>

Contact: Carrie Cameron /
permitted2shine@gmail.com / 425.773.1776

Perkatory

(pur kah tawr ē) n.
The anguished,
prolonged period
spent waiting for a
fresh pot of coffee
to be ready.



Drop in Small Group for Being Human

This is a unique small group ministry opportunity for one and all to experience the wonder that is small group ministry. "Drop in", because life is busy or none of the other small group times work for you! We've been meeting since last fall and have established a lovely ritual that guides our time together. We decided to keep meeting on a month by month basis over the summer. We always meet on the second Sunday of the month. Rev. Barbara will be facilitating our Aug. 11 gathering. We meet from Noon to 1 in the Olympia Brown room. You are invited to join us.

Any questions, comments or concerns, please contact Rev. Barbara Cornell
uubcornell@gmail.com.

Hey – interested in finding out more about our SUUC community?

On Saturday, September 7th, from 9 AM until noon, the Welcome Team is sponsoring an orientation gathering, led by Rev. Kate. We will go through some UU history, turn to a focus on what happens here at SUUC, and have a good time meeting other new seekers. We'll share stories about how we arrived here and about what kind of relationships we would like out of our community. Come join this lively discussion! We'll have treats and child care is available, if requested. Curious? Contact Jamie Anderson at 206 390 3230 or jamieannemeyers@gmail.com.

Community Announcements

SUUC Family Nights start September 8th

Please join us as we come together to socialize, connect, and learn from each other. (And eat good food -- provided! Not a potluck!)

Goals for our group:

- Form deeper connections with other SUUC families
- Provide a format and starting point for talking with each other and our kids about potentially challenging topics such as our values as UU's, money and budgets, death and dying, family traditions, etc.
- Come to a better understanding through discussion and sharing about how UU principles can and already do inform and support our lives.

We'll meet monthly on the first Sunday of each month from 5 - 7:30. (Our first meeting will be on the second Sunday because of Labor Day weekend.)

5-5:15. Arrive, settle in.

5:15-5:45 or 6: Small group discussions about the topic of the month.

6-6:30. Buffet dinner provided.

6:30 - 7. Socialize.

7-7:30. Wrap up.

Childcare available.

Here's our Facebook page: <https://www.facebook.com/groups/SUUCFamily/>

Our first event will be September 8th and then every first Sunday thereafter

We will provide dinner – rsvp appreciated

Each month we will have a different topic

Contact: Kate Beck- kate@katebeck.com 206.898.7100

August Worship Services

Sunday, August 4, 10:30 a.m.: "A Holey/Holy History"

Rev. Kate Landis

Sunday, August 11, 10:30 a.m.: "Who Are the People in Your Neighborhood?"

Pulpit Guest Bridget Laflin

Sunday, August 18, 10:30 a.m.: "Question Box:
What do you wonder?"

Rev. Kate Landis

Sunday, August 25, 10:30 a.m.: "Our Secrets, Ourselves"

Pulpit Guest Catherine Crain



Shoreline Unitarian Universalist Church

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Rev.carmen.mcdowell@gmail.com

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Chris Pollina, Director of Religious Exploration

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Brandon Hunter, Church Administrator

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



"Bleezer's Ice Cream"

By Jack Prelutsky

I am Ebenezer Bleezer,
I run BLEEZER'S ICE CREAM STORE,
there are flavors in my freezer
you have never seen before,
twenty-eight divine creations
too delicious to resist,
why not do yourself a favor,
try the flavors on my list:

COCOA MOCHA MACARONI
TAPIOCA SMOKED BALONEY
CHECKERBERRY CHEDDAR CHEW
CHICKEN CHERRY HONEYDEW
TUTTI-FRUTTI STEWED TOMATO
TUNA TACO BAKED POTATO
LOBSTER LITCHI LIMA BEAN
MOZZARELLA MANGOSTEEN
ALMOND HAM MERINGUE SALAMI
YAM ANCHOVY PRUNE PASTRAMI
SASSAFRAS SOUVLAKI HASH
SUKIYAKI SUCCOTASH
BUTTER BRICKLE PEPPER PICKLE
POMEGRANATE PUMPERNICKEL
PEACH PIMENTO PIZZA PLUM
PEANUT PUMPKIN BUBBLEGUM
BROCCOLI BANANA BLUSTER
CHOCOLATE CHOP SUEY CLUSTER
AVOCADO BRUSSELS SPROUT
PERIWINKLE SAUERKRAUT
COTTON CANDY CARROT CUSTARD
CAULIFLOWER COLA MUSTARD
ONION DUMPLING DOUBLE DIP
TURNIP TRUFFLE TRIPLE FLIP
GARLIC GUMBO GRAVY GUAVA
LENTIL LEMON LIVER LAVA
ORANGE OLIVE BAGEL BEET
WATERMELON WAFFLE WHEAT

I am Ebenezer Bleezer,
I run BLEEZER'S ICE CREAM STORE,
taste a flavor from my freezer,
you will surely ask for more.