

Soundings



Newsletter of Shoreline Unitarian Universalist Church

JANUARY 2016



TABLE OF CONTENTS

[January Worship Services](#)
[Minister's Message](#)
[Director of Religious Exploration](#)
[From the Board President](#)
[Capital Campaign Extended](#)
[Board Meeting Minutes](#)

[Seabeck](#)
[Side by Side](#)
[Social Action Ministry](#)
[Community Announcements](#)
[January Calendar](#)
[January Sunday Volunteers](#)

Worship Services, 10:30 a.m.

Sunday, January 3

"Choose Your Own Adventure," Bridget Laflin, Pulpit Guest

Sunday, January 10:

"Freedom for the Mockingjay." Rev. Kate Landis; Choir Sings

Sunday, January 17:

"An All-Ages Celebration of the Life of Dr. Martin Luther King, Jr." Rev. Kate Landis; Choir Sings

Sunday, January 24:

"Freeing the Spirit," Ingathering of New Members, Rev. Kate Landis

Sunday, January 31:

"Freedom and Compromise," Rev. Kate Landis

Minister's Message

My dear church family,

May our hearts open to welcome 2016! A new year is among us, an open field of time for us to ponder spiritual questions, explore our faith, and love one another. After a holiday season of eating fudge with breakfast, cabbage rolls for lunch and fruitcake for dinner I am pondering Epicurus, the ancient Greek philosopher (341-270 BCE). Epicurus was not the over-indulgent hedonist that legend has him- he believed that we should strive for ataraxia, a state of feeling free from fear and feeling like we have enough. Good food and the company of friends were his principle treasures. "Not what we have," Epicurus wrote, "but what we enjoy, constitutes our abundance."



What if just enough was all we needed? Not storage units of stuff, not the newest fashion or technology, not bank accounts in the quadruple digits, but food to share with friends along with good conversation. Not fudge for breakfast, but simple, healthy food. Could having less actually reduce our anxiety? Could training ourselves to want less make us less yoked to fear of scarcity?

I'm going to give it a try. It certainly worked for Epicurus who remained content and at peace although he suffered from serious illnesses throughout his life, including frequent kidney stones. The philosopher Friedrich Nietzsche took comfort in his writings during his own illness, and Thomas Jefferson quoted Epicurus often during the composing of the Declaration of Independence. Perhaps Epicurus' Zen outlook made space for him to concentrate on his scientific advances, as he outlined the first ideas about the scientific process and atomic particles. He also opened a successful school of philosophy, The Garden, which was the first to openly admit women and slaves.

"Not what we have, but what we enjoy, constitutes our abundance" is my inspiration for this new year. When we trust that we have enough, and can enjoy the simple pleasures of friendship and food, we can free the energy we spend worrying and accumulating stuff. Maybe that energy will lead to a great scientific discovery, a new school- or just a more peaceful new year.

Peace,
Rev Kate

Director of Religious Exploration

Greetings! I hope your new year is off to a good start. December started off nicely at SUUC as we had a record high number of children at church on the first Sunday; 39 kids! And that's not counting the youth group which met later that same day! When I visited the different classes this day a good time was being had by all and the sense of community was palpable. Thanks to all who came this day and throughout the month of December; you are making SUUC into a wonderful and welcoming community and giving your children a gift which will stay with them for the rest of their life!



I'd like to shine a light on three folks who have helped step in to various RE roles in the church halfway through the year when we needed extra help in a pinch: Laraine Volkman is helping out in the 3rd-5th grade class, Caroline Fichter is helping out in the nursery / preschool group, and

Alison Lilly is helping out in the 6th grade and older group. Thanks also to Shelley Anderson, Shannon Scott, and Susan Storer Clark, the teachers in the 3rd-5th grade class; Shelley agreed to move to the Kindergarten-2nd grade group when they needed a teacher, while Shannon and Susan have helped to pick up the days she was scheduled to teach in the 3rd-5th grade class. Their flexibility and willingness to go the extra mile for the class has been a huge help!

I'll keep my column short for this month as I'm writing this between the solstice and Christmas eve service and I've got to brave the wilds of Costco before the night is over! Hope your holidays were enjoyable and that we all see a lot of each other this month!

Chris Pollina
shorelinedre@gmail.com

Upcoming Events

Sunday, January 17 - Intergenerational Worship Service

Sunday, January 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.

From the President of the Board of Trustees

As president of the Board of Trustees, I am writing to let you all know that I am resigning from the Board effective December 31, 2015. I have been greatly honored to serve on the Board for the past five years, including as co-president with Laura McCarty for one year, and then as president for the past year and a half. These have been exciting and challenging times as our church has settled in with a new minister, and has grown. New members have brought new energy and excitement which is wonderful!

The past few months of grappling with the proposed budget for 2016 (we went through at least five drafts) have been particularly challenging. I am deeply grateful to Paul Borrman and the stewardship committee for their incredibly hard work and have the highest regards for them. I am thrilled that the budget passed unanimously at our congregational meeting on December 13, 2015, an event that I attribute to the hard work of all of the Board. At this time however, I am also tired and worn out. I leave the Board knowing that the congregation is off to a strong start for 2016.

Carolyn Threadgill will take over as president of the Board. I also want to express my deep gratitude and respect for my fellow Board members. You are all outstanding people that it has been my privilege to work with and get to know. Wishing everyone the best for 2016.

--Karen Thompson

We Want to Build in 2016!

Great news! The voting members at our Congregational Meeting on Dec. 13, 2015, passed two motions. One approved the 2016 Operating Budget unanimously. This budget provides generous raises for our minister and our RE director, with smaller raises for other staff, per the strong congregational support expressed in the fall house meetings.

The second motion provides for the extension of the Capital Campaign until March 1, 2016, the addition of a fourth year for new pledges, and the continuation of the work of the Building Assessment Committee (BAC).

Clearly, the decision is that we need the new building sooner rather than later. If all the

necessary financing is in place by March 1, 2016, the BAC can begin the process of applying for permits required to begin the construction process in June 2016.

Here's the deal. We need more pledges! We're at \$450,000 in member pledges now. Our goal is \$500,000, or more -- remember that the more pledges we have, the less money we must borrow and hence the less interest we have to pay. (More information on loans to follow in another letter.)

Attached to this message is a PDF of the [extended Capital Campaign pledge form](#). It allows you to make a new pledge if you have not already pledged, or to add an additional new pledge. Fill in the form, return it Laurie Radin, administrator and keeper of confidential pledge information at the church. If you prefer a printed copy, leave your name, address, and phone number on the church's voice mail, asking Laurie to send you one.

Let's finish what we have started so grandly. Imagine a new building for coffee hour, RE classes, meetings, potlucks -- we can spread out and quit stumbling over one another. Congratulations, everybody, for a terrific Congregational Meeting!

-- Carolyn Threadgill and the Capital Campaign Committee

Minutes for the December 2015 Shoreline Unitarian Universalist Church Board of Trustees Meeting

December 10th, 2015 7:00-9:00

Prepared by Adam Griffith

In attendance: Adam Griffith, Rev. Kate Landis, Alison Lilly, Karen Thompson, Carolyn Threadgill, Juel Erickson

Absent: Amanda Ray

Opening

Call to Order -- Karen Thompson presiding.

New Business

Planning of the December Congregational Meeting

The whole of the meeting was taken up with planning the December Congregational meeting. The board made a list of materials that they would need for the meeting, then Rick Wilson visited to go over the logistics. Carolyn Threadgill, as head of the BAC (Building Assessment Committee), explained that she would recommend that we extend the capital campaign and the BAC charter for an additional 6 months.

We then finalized the list of materials and determined who would do what.

Save the Date for Seabeck! April 22-24, 2016

**Shoreline, Evergreen and Westside UU Congregations,
and Saltwater, Tahoma, and Olympia UU Congregations
Join Together for our Annual Retreat at Seabeck!**

"Let the World Sing Through You."

BUILDING COMMUNITY WITH PUGET SOUND UU CONGREGATIONS
Shoreline, Evergreen and Westside UU Congregations, together with Saltwater, Tahoma, and Olympia UU Congregations, have begun preparations for a joint retreat, with more

interconnectedness among nearby UUs. We celebrate this opportunity to connect and reconnect and to know more intimately our fellow UUs around Puget Sound. Together we will return to the beautiful Seabeck Conference Center on Hood Canal for our Annual Seabeck Retreat. This year, we make a stronger commitment to accommodating all who want to come by contracting for exclusive use of the entire campus. We look forward to intergenerational collaboration, leadership, interconnectedness and diversity as we move forward to bring UU congregants into covenant with one another, as our ministers and religious educators have done for years. Please join us for this attractive possibility! Registration opens on February 1, 2016. Each congregation will have a registration table, so watch for this. Your Seabeck Planning Team has begun meeting regularly to make our Seabeck Retreat even better than before. There will be numerous opportunities to participate. All ages are welcome. Scholarship assistance is available. We are happy to assist people with online registration.

PROGRAM:

Mary Oliver says "There is something that has to do with all of us that is more than all of us." Singing together dispels the illusion of our separation from each other and connects us to that "something more." Come travel to some unexpected places as we explore the power of community through singing.

Kathleen Tracy, singer, songwriter, teacher, will facilitate a program of song loosely themed around the idea of our oneness with each other and nature. The repertoire and spoken bits would touch on such things as our interdependent web of belonging, and the need for each of us to be more and more deliberate about seeking out opportunities for authentic connection in this digital age, to actively confront the ever increasing fragmentation of our culture. A metaphor I use for this exploration is mycelium and mushrooms - crazy, right? But it works!

Side by Side--a Column from Mental Health Ministry

As I prepare for a sermon on recovery, I've been learning more about alcoholism. In a very interesting article by Martin Downs, he talks about the director of the nonprofit Hazelden Foundation's Butler Center for Research in Center City, Minn., Dr. Valerie Slaymaker. She shares things she wishes everyone knew about alcoholism. Here are what I consider the top three: 1.

There is a continuum of drinking problems. Not everyone who has problems as a result of drinking is an alcoholic. A problem, however, is still a problem, which leads us to 2. If you have ANY kind of problems as a result of drinking, abstinence from alcohol or lowering the amount you drink will lead to improvements in your health, your relationships, your emotional well-being, and your performance at work and 3. Women need to be especially careful about their drinking. For a variety of biological reasons, alcohol impacts women more severely and we develop dependencies on alcohol quicker than men. Here's a link to the article

<http://www.nytimes.com/ref/health/healthguide/esn-alcoholism-know.html#> There has been a lot of research on alcoholism and its treatment. One of the most important things I've learned is that there are many pathways to recovery. That's good to know if one way isn't working, there are many other ways to find the best life possible for you.

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 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 January will be held in the conference room at church on January 25, 2016 from 6:30 to 8 p.m. You are invited to join us!

-- Rev. Barbara Cornell



Social Action Ministry

Social Action Ministry 2016 Strategy Meeting

Saturday, January 9

The SUUC Social Action Ministry will meet Saturday, January 9, from 9:30 a.m. to about noon, in the Church Conference Room. This will be a longer meeting to allow us to strategize about our directions, priorities, and projects for 2016. The first part of the meeting -- from 9:30 to about 10:30 -- will see reports of completed, current, and planned projects -- our recent Winter Holiday Giving projects for the homeless, our Meaningful Movies partnership with the Edmonds Church, final selection of Plate Share recipients in January, Jo Moore's presentation of her quake relief trip for ANSWER, and planning for the spring SRE (Social Responsibility Endowment) matching donation project. From 10:30 to noon, we will set our 2016 strategic directions. Election of a Social Action Ministry chair and vice-chair for the year will be followed by discussion of major priorities and projects for 2016. This will be informed by our 2015 statement of priorities and projects, a review of actual 2015 results, our fall Social Action Survey and COM assessment, and the legislative priorities adopted by WA UU Voices for Justice in November. The aim is to produce new or reaffirmed priorities and a list of likely projects and actions.

Check our [Social Action Ministry blog](#) a couple days before the meeting for the detailed agenda.

Thanks to SUUC congregants for donating Winter Holiday gifts in December !

Between Dec. 6 and Dec. 20, you gave 67 wrapped presents, 41 items of supplies (diapers, baby wipes, hygiene items, packages of socks or underwear), and 37 children's books for our homeless neighbors at the Mary's Place North Shelter. It was an amazing outpouring of support, and the folks at Mary's Place were grateful. Special thanks go to the SUUC Social Action Ministry members who worked on planning, organizing, and carrying out this project -- especially to Carol Roach for her leadership.

SUUC Service Project at Food Lifeline

Food Lifeline will be operating in Shoreline until approximately the first of April, 2016 as they are building and moving into a building twice as big as the two buildings they currently have. So, if you want to come help repack food, come soon.



January Date: Tuesday January 19, 2016. The project begins promptly at 6:00 and ends at 8:00. (Please don't arrive after 6:05 because the doors lock and we won't be able to hear you knock.) Everyone welcome, please remember to wear closed-toe shoes.

Address: Food Lifeline 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 February 16, 2016. We go every 3rd Tuesday of the month and we would love to have YOU join us. Carpooling can be arranged. Please sign up at the Welcome Table or by contacting Laura "FoodBanks" (laurabanks1@comcast.net or 206-235-3611).

Community Announcements

Are you interested in discovering more about our community -- and maybe even formally joining it?

The Welcome Team is sponsoring an Orientation Brunch for everyone who would like to learn more about us. It will be held at the church on Saturday, January 9 from 9 a.m. until noon. Light snacks will be provided for all, as will child care for anyone who needs it. Rev. Kate Landis leads a spirited discussion about our faith and about our Shoreline community. Join us! Contact Rick Wilson rickwilson7863@msn.com to let him know you would like to be a part of the group or if you have questions. For those of you who have already been through the orientation and are ready to join our community, our next Ingathering of new members will be on Sunday, January 17 at the beginning of the service. Again, contact Rick if you would like to join at that time.



New Voluntary Simplicity Group

"I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when it came time to die, discover that I had not lived."-- Henry David Thoreau, Unitarian Minister and Transcendentalist

What if the road to contentment isn't in having more stuff but less? What if you could restructure your day so you had more time with the people you love? More time for creativity, nature, and friendship? Join Rev Kate in a 5-session course on Voluntary Simplicity. With fascinating, updated materials from the Northwest Earth Institute we will explore what homemade prosperity looks like in our lives. The group meets once a month: 1/12, 2/9, 3/8, 4/12, 5/10 on Tuesday nights from 7-9 p.m. It's okay if you can't make every session, come when you can. Please register with Rev Kate at minister@shorelineuu.org, and she will send you the relevant articles to read before each session.

Save the Date: "Conscious Dying and After-Death Care" -- Sunday, February 7, 12:30-2:30 p.m.

Our worship service that day will be led by Rev. Barbara Cornell, who will speak about February's worship theme, "Loss." After church, plan to attend a workshop teaching how to live intentionally at the end of life -- how to work with fear and denial in ourselves and with those we love; how conscious loving supports our journey towards death; and how to plan and put in place our wishes for after-death care. Facilitated by a psychotherapist and a by a minister/licensed funeral director.

SUUC Evening Book Group Meeting - January 6

"The owl of Minerva flies at dusk."

The January meeting of the Evening Book Group (aka "The Owls of Minerva") will be on Wednesday, January 6, from 7:00 to 8:30 p.m. in the Church Conference Room. At this meeting, we will select the books to read for the following 11 monthly discussion meetings in 2016. There will be light seasonal refreshments to facilitate deliberations. Interested members are invited to bring 1-3 book suggestions for the group. (It is OK to have no suggestion, but to come for other people's!) We mostly read non-fiction, but occasionally take up fiction. Books should be available in paperback and e-book forms next year. The only absolute rule is that the person nominating a book must have already read it! If more information is needed, contact Bob Beekman, 206-527-7340, rlbeekman@gmail.com.



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, January 16, 9-11 a.m. All SUUC men are welcome at our monthly breakfast meetings on the third Saturday of each month.

January SUUC Women's Circle

The group will be meeting Saturday, January 9, 10 a.m. in Chrysalis; the topic is "Dreams." Bring snacks if you wish. This is the place to get to know other women in the church and explore ideas with them.

Plate Share

Ballots for the selection of 2016 Plate Share recipients will be in the Church hall on consecutive Sundays, January 10 and 17. As a church member you will be able to vote for up to nine nonprofits you would wish to be recognized during selected Sunday services, by way of donating 75% of our offering on each of those days.



Calling all thespians, playwrights, would-be actors, even aging English majors!

Help the Reader's Theater Group start planning for the New Year. If you've ever acted, or thought of acting, or just sat alone in your room reading aloud, come join us. We'll be putting on short plays for the church, getting together to full length plays aloud, and other fun stuff. Our first meeting of the year will be Sunday, January 10, from noon to one or so, in Chrysalis. We look forward to seeing you there. Questions? Contact Bruce Campbell or Homer Henderson (we're in the directory).

Bridge Instruction

Would you like to join with other SUUC bridge players, but it's been years since you played and you feel rusty? Jessie Strauss will teach "Remedial Bridge" on four Thursdays in January (time tbd) at Foundation House near Northgate. Please call Jessie at 206-788-4755 if interested or if you have questions.

Donations of Supplies

Now that the gift-giving season is over and the year is at an end, perhaps you're starting to clean out the closets at home and at work. Maybe you have an excess that the church could use. Perhaps toys or art supplies for RE? Maybe office supplies? Please contact Laurie if you have anything to donate that you think we could use, 206-363-7994.

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 **Carrie's Commentaries** with interesting and insightful reporting on prior Sunday sermons as well as Joys and Sorrows, please email permitted2shine@gmail.com.

January Calendar of Events

Sunday, January 3

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

Tuesday, January 5

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

Wednesday, January 6

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

Thursday, January 7

6-7:30 p.m. Choir Rehearsal, Sanctuary
7:45-9 p.m. Music Committee, Conference Room, Nursery

Friday, January 8

12-2 p.m. Appreciating Elderhood, Sanctuary

Saturday, January 9

9 a.m.-noon Newcomer Orientation Brunch, Sanctuary
9:30 a.m.-noon Social Action Ministry Meeting, Conference Room
10 a.m.-12:15 p.m. Women's Circle, Sanctuary

Sunday, January 10

10:30-11:45 a.m. Worship Service and Children's Activities, Sanctuary & Chrysalis
12-2 p.m. Reader's Theater Meeting, Chrysalis

Tuesday, January 12

1:30-3:30 p.m. Afternoon Chalice Circle, Nursery
6-8 p.m. Weekly Game Night, Chrysalis
7-9 p.m. Tuesday Evening Chalice Circle, East Chrysalis
7-8:30 p.m. Voluntary Simplicity Class, Conference Room

Wednesday, January 13

6:30-8 p.m. Potluck Supper, Nursery
7-8:30 p.m. Welcome Team Meeting, Conference Room

Thursday, January 14

6-7:30 p.m. Choir Rehearsal, Sanctuary
7-9 p.m. Board Meeting, Conference Room

Friday, January 15

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

12-2 p.m. Appreciating Elderhood, Sanctuary

Saturday, January 16

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

Sunday, January 17

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

12-1 p.m. Family Potluck, Sanctuary

Tuesday, January 19

6-8 p.m. Food Lifeline Project

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

Wednesday, January 20

10 a.m. Soundings Newsletter Deadline

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

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

Thursday, January 21

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

Friday, January 22

12-2 p.m. Appreciating Elderhood, Sanctuary

Sunday, January 24

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

11:45 a.m. -12:30 p.m. CUUPS Group Check-in, Conference Room

Monday, January 25

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

Tuesday, January 26

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

Wednesday, January 27

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

Thursday, January 28

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

Sunday, January 31

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

Sunday Volunteer Schedule**January 3:**

Nancy Curtis & Joan Brooks, Greeters
Shirley Beresford & Donald Patrick, Ushers

January 10:

Andy Landis & Megan Watson, Greeters
Homer Henderson & Jeff Lilly, Ushers
Juel Erickson & Rick Wilson, Baristas

January 17:

Bernice Ege-Zavala & Earl Davis, Greeters
Ryan Dunne & Zoey Phillips, Ushers

January 24:

Carolyn Brenner & Sue Leisy, Greeters
Jeremy Corvialis & Barbara Stilson, Ushers

January 31:

Fran & Bruce Campbell, Greeters
Homer Henderson & Anne Martin, Ushers