

# Soundings



Newsletter of Shoreline Unitarian Universalist Church

## President's Message

Dear Friends,

On June 4, we held our first Board meeting since the election of new board members in May. We elected our officers:

Catherine Crain (President)  
Susan Storer Clark (Vice-President)  
Ryan Dunne (Vice-President of Finance)  
Earl Davis (Secretary)



Our at-large board members are:

Dana Doerksen  
Marley Banker  
Jo Moore (filling the last year of Bill Hayes' term, due to his resignation in May)

### **We are very excited to represent and serve the congregation this year!**

Let me tell you a little about myself – I've been a member of SUUC for 20 years. I served on the board once many years ago. Before joining the board this time, I was the chair of the Committee on Ministry. I also sing in the choir. I'm a retired teacher, having taught psychology at Cascadia Community College for the last 19 years. I said "yes" enthusiastically when asked to serve on the board (and to be President this year) because now that I'm retired I have more time and energy to give to the church and want to make a meaningful contribution.

On June 8, we had a board retreat with Rev Kate, facilitated by Rev Tandi Rogers of the Pacific Western Region of the UUA. We spent a great deal of time discussing the role of the Board of Trustees and how we work with the minister. The minister provides leadership in the more spiritual realm and her primary tasks include responsibility for worship and pastoral care as well as staff supervision. The board's primary task is to provide lay leadership, working at the level of bylaws, policies, procedures, and budget. The minister and the board work together to help the church fulfill its mission and vision. This is why, by the way, it's so important that the congregation examine its mission and vision from time to time so that we know and agree on where we're headed together!

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Next, we developed a covenant for our interactions with each other and then articulated some of our overarching goals for the year. First, we would like to create stronger communication between the committees/groups of the church and the board. The committees do incredibly important work without them, the church couldn't run. Each committee and each group has a board liaison who is charged with facilitating communication between the group and the board.

The liaisons are:

Aesthetics – Jo Moore  
Building and Grounds – Dana Doerksen  
Congregational Life – Catherine Crain  
Endowment – Ryan Dunne  
Committee on Ministry – Catherine Crain  
Music – Susan Storer Clark  
Neighborhood Groups – Earl Davis  
Personnel – Dana Doerksen  
Social Action – Marley Banker  
Stewardship – Ryan Dunne  
Welcome Team – Earl Davis  
Worship Planning – Susan Storer Clark  
Rentals – Marley Banker  
Chalice Circles and Book Clubs – Jo Moore

Another of our goals is to involve the congregation in more conversations about the congregation's mission and vision, the budget and the Sound Transit money so that everyone feels that they can be engaged and included in this visioning.

Finally, we hope to review several of our policies to bring them up to date and make them clearer, potentially adding some policies. By the way, the policy manual of our church, along with our by-laws, is available on the church website, <https://www.shorelineuu.org/our-mission-vision-bylaws--policies.html>

Of course, every monthly board meeting is chock full of things to do and think about, but we hope to make progress on some of these larger goals as well.

I'm still smiling after our Flower Communion and Teacher Appreciation Sunday on June 9. Looking forward to a wonderful summer with you all!

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 part 2 of our three part discussion of the Diana Butler Bass book, ***Grateful: The Transformative Power of Giving Thanks***, she lays out two different models of gratitude. One of them, the Debt and Duty model, can be imagined as a triangle. At the top of the triangle is the benefactor, raining down blessings on people. These blessings are not necessarily what the people need or want. The blessings shared by the benefactor are chosen by the benefactor. The favors arrive unevenly. Some get more than others. The job of those on the receiving end is to say thank you and to return the favor, whether they wanted that favor or not. This model has a *quid pro quo* feel (you do for me and I'll do for you.) An easy example from history is the Roman Emperor as benefactor. He provided safety and roads, so citizens expressed their 'gratitude' by serving in the army and paying taxes.

The second model Bass describes is the Gift and Response model of gratitude. In this model imagine a round table, perhaps at Thanksgiving. The blessings keep coming out of the kitchen and we pass them around the table. Each person is equal and takes what they need and passes the blessings on to the next person. There is more than enough for everyone. Abundant blessings! The Latin phrase, *pro bono* could apply to this method. It means, for the common good. Can you think of examples in your life of these two models? How does debt and duty feel to you? Gift and response? The gift and response model of gratitude feels good to me. It helps me imagine another, more generous and open hearted way to live. Next month in our third look at this interesting book we'll consider the decision to practice gratitude. It is a choice!

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](mailto:uubcornell@gmail.com) The support group for Family and Friends of those with a lived experience of mental illness will next meet in July on the fourth Monday, July, 22, 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*

"Listening is powerful. If someone knows another person is really listening, the conversation changes. The speaker doesn't need to desperately guard her or his opinion. The speaker has no need to line up convincing counter arguments. The conversation has room for reflection and deeper understanding." -- Rev. Catherine Tran



Dear SUUC Friends,

Do you observe, as I do, that people around you are intensely craving that experience of being truly, deeply listened to? Perhaps the person with that intense craving is you.

This is a job for a spiritual director (also called spiritual companion)!

Here are just a few of the things that you are encouraged to bring to me as a spiritual companion:

Old fears, new delights, wild ideas, sad dreams...

Political dilemmas, personal conflicts...

Creative desires, romantic delusions...

Heartfelt joys and heartbreaking losses; triumphs, tragedies.

Anything you bring will be listened to with respect, interest, and occasional questions. The focus is always on discovering what your deepest desires are and what you need in order to honor your authentic self.

Please contact me via my website, [www.revamanda.com](http://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*



# Minutes of the Board of Trustees Meeting, 7-9 P.M. June 4, 2019

Shoreline Unitarian Universalist Church

Attending: Dana Doerksen, Ryan Dunne, Catherine Crain, Earl Davis, Marley Banker, Jo Moore, Susan Storer Clark, Rev. Kate.

The meeting opened at 7:00pm

The minutes of the May 7, 2019 meeting were approved.

## New Business

1. Board accepted the resignation of Bill Hayes. Board went into executive session to discuss the details of the resignation. The board approved Jo Moore as his replacement.

2. The elected the following officers:

President - Catherine Crain

Vice President - Susan Storer Clark

Vice President of Finance - Ryan Dunne

Secretary - Earl Davis

3. Committee liaisons were chosen for the church:

Aesthetics - Jo

Building and Grounds - Dana

Congregational Life - Catherine

Endowment - Ryan

Committee on Ministry - Catherine

Music - Susan

Neighborhood groups - Earl

Personnel - Dana

Social Action - Marley

Stewardship - Ryan

Welcome Team - Earl

Worship Planning - Susan

Rentals - Marley

Chalice Circles and Book Clubs - Jo

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4. The Board authorizes the President (Catherine Crain), Vice President (Susan Storer Clark) and Vice President of Finance (Ryan Dunne) to access and administer SUUC's financial accounts. They shall be the only users authorized for such access, all other persons with authorization shall be deauthorized.

The President and Vice President shall have the authority to sign checks. The Office Administrator is permitted to sign checks only when urgently required and the President and Vice President are not available.

5. VP Finance report:

Ryan presented the finance report. As of June our income and expense report shows we are doing a good job in terms of expenses. Ryan expressed concern in the large drop off in stewardship gifts and donations. This was fortunately offset by an increase in rental income.

6. Use of Sound Transit funds and 2020 Budget

There was a discussion of the use of the Sound Transit funding. It was noted that at the last congregational meeting some members expressed concern about the strategy that was adopted at last year's annual meeting. At that meeting, there was a call for greater transparency and the ability to see multiple budget proposals to allow church members to consider various options. Other participants noted that this would be impractical. The board discussed how to better involve the church in budget decisions and the best forums for doing that. Ryan relayed that the best time for feedback on the budget is after the draft budget is posted in the fall for comment. The board tabled their decision on this issue.

7. Board retreat planning.

It was decided to hold the board retreat at Catherine's house. Attendees were to bring their own lunch. Catherine would work on setting up the technology necessary to allow the presentation to be shown.

Meeting adjourned at 9:10 p.m.

***Submitted by Earl Davis, Board Secretary***



# Community Announcements

## Sunday Chancel Decorators sought!

Every Sunday, your SUUC Aesthetics committee arranges Chancel decorations and we want to invite everyone to have a chance to share their favorites. If you have flowers or beautiful shrubbery begging to be admired, now is your chance! So, do you like arranging flowers? Have flowers but are shy about arranging them and want us to help? Have a picture or meaningful item that would tie in with the Sunday sermon? Want to have a loved one remembered? ? All are ways to help make our Sunday mornings together more meaningful and we hope to hear from you.

July Coordinator: Shelley Anderson- 206-495-8846

## SUUC EVENING BOOK GROUP MEETING JULY 3

### "The owl of Minerva flies at dusk."

The Evening Book Group (aka "The Owls of Minerva") will meet on Wednesday, July 3, from 7:00 to 8:30 p.m. in the Brown Room, in the Davis Building. We will be discussing the novel Snow Flower and the Secret Fan by Lisa See. This book includes fascinating historical information about life in southern China in the mid-19th century in the course of an affecting story.



Looking ahead (and maybe reading ahead), on August 7 the Owls 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.

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:2065277340), [rlbeekman@gmail.com](mailto:rlbeekman@gmail.com).

## JULY 13 SOCIAL ACTION MEETING CANCELED

Because so many members of the Social Action Ministry committee are out of town in mid-July, the scheduled July 13 has been canceled. Our next meeting will be on Saturday, August 10. Watch the August Soundings and end of July/start of August e-Bulletins for details.

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

# Community Announcements

## Joyfulness Class in July

*By Rev. Amanda Aikman, Affiliated Community Minister*

If you are a bit overwhelmed by all the bad news lately, or just want to learn some techniques for adding more joy to your life, please consider this (free) class!

All sessions will be on Tuesday evenings in the Emerson Room, 7-8:30 p.m.

|         |                   |
|---------|-------------------|
| July 9  | RECEIVING JOY     |
| July 16 | OWNING YOUR GIFTS |
| July 23 | BELONGING         |
| July 30 | VENTURING         |

You do not need to sign up; just come to any or all sessions, and if you like, bring a snack or beverage to share, as well as a journal if you wish.

This class is based on my 2010 book, "Full-Spectrum Joyfulness." In each session we'll:

- learn a bit about happiness science,
- talk about a joyfulness theme,
- have a guided meditation and quiet reflection time,
- commit to trying a joyfulness game between sessions,
- and have a supportive conversation with a triad.

Please contact me with questions. [Revaikman@gmail.com](mailto:Revaikman@gmail.com). Come and have a laugh, learn some good stuff, maybe make a new friend or two.

# Community Announcements

## **Shoreline UU Men's Group**

The men's group will meet for breakfast at the Wedgwood Broiler, 8230 35th Ave NE, on Saturday, July 20, 9-11 a.m. The discussion topic at this meeting will be "retirement". All SUUC men are welcome at our monthly breakfast meetings on the third Saturday of each month. For information contact Dick Volkman [richard.volkman@att.net](mailto:richard.volkman@att.net), 206 281 7944

## **Women's Circle meets 10am-12pm July 6 in Threadgill Hall.**

Deva Powell, Marguerite Chin, and Jean Sykora will be leading the meeting. They invite everyone to bring photos and stories of favorite pets to be shared in small groups. Coffee and tea provided. Members provide light refreshments.

Contact person is Marguerite Chin 206-883-5568.

Our meeting August 3, will be in the same place, same time.

The activity is exploring quilting techniques. Carol Jackson and Kate Wilhelm are leading this time and furnishing the supplies.

## **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. We have a volunteer to facilitate our July 14 gathering. We meet from Noon to 1 in the Olympia Brown room. You are invited to join us. Any questions, please contact Rev. Barbara Cornell [uub-cornell@gmail.com](mailto:uub-cornell@gmail.com).

## **The plate share recipient for July 14 is the Northwest Abortion Access Fund.**

Originally scheduled for May, scheduling conflicts resulted in the date change. The Northwest Abortion Access Fund is an abortion fund serving Washington, Oregon, Idaho, and Alaska. Trained, compassionate volunteer advocates run a toll-free hotline. The fund helps people pay for their abortion care by sending funding directly to the clinic. The organization also helps people get to and from the clinic and makes sure people traveling for care have a safe place to stay.

# Community Announcements

## Unique Opportunity at Eliot Institute's August Eliot Camp, August 3 - 10, 2019

Are you interested in the topic how we build Unitarian Universalism into the multicultural faith we want it to be? A crucial step is to examine the ways that white supremacy shapes our current religious culture. Culture includes the ways that we communicate, make decisions, define reality, trust and support leaders, and many other factors. This week will allow participants to reflect on how our own enculturation in the white supremacies of the US and Canada shape us, as well as examining how our own congregations could benefit from a strategic re-evaluation and reimagination, taking seriously the ways that white supremacy influences all of our structures.

There is space at this camp! Not only will you engage in the topic deeply, you'll have fun throughout the day as well. Camp activities for all ages include a no-talent night, worship, dancing, singing, swimming, and delving deeply into conversations that matter today. You can find more information on Eliot Institute's website: [www.eliotinstitute.org](http://www.eliotinstitute.org).

Eliot Institute  
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Seattle WA 98199  
206-395-8111  
[EliotRegistrar@gmail.com](mailto:EliotRegistrar@gmail.com)  
[www.EliotInstitute.org](http://www.EliotInstitute.org)



# July Worship Services

Sunday, July 7, 10:30 a.m.: “The Perpetual Reset”  
Pulpit Guest Lew Witham

Sunday, July 14, 10:30 a.m.: “The Power of We”  
Rev. Kate Landis

Sunday, July 21, 10:30 a.m.: “Who Are We?”  
Rev. Kate Landis

Sunday, July 28, 10:30 a.m.: “Lughnasadh”  
Rev. Kate Landis



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## Shoreline Unitarian Universalist Church

14724 First Avenue NE, Shoreline, WA 98155-6806 206-363-7994 [www.shorelineuu.org](http://www.shorelineuu.org) [office@shorelineuu.org](mailto:office@shorelineuu.org)

### 2019 Board of Trustees:

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

|   |  |
|---|--|
| Rev. Kate Landis, Minister                                  | (W) 206-363-7994 <a href="mailto:minister@shorelineuu.org">minister@shorelineuu.org</a>              |
| Rev. Barbara Cornell, Affiliated Community Minister         | (C) 206-510-5690 <a href="mailto:uubcornell@gmail.com">uubcornell@gmail.com</a>                      |
| Rev. Carmen TenEyck-McDowell, Affiliated Community Minister | (C) 425-765-9064<br><a href="mailto:Rev.carmen.mcdowell@gmail.com">Rev.carmen.mcdowell@gmail.com</a> |
| William Sederholm, Choir                                    | (C) 206 371-7488 <a href="mailto:wilholm@msn.com">wilholm@msn.com</a>                                |
| Chris Pollina, Director of Religious Exploration            | (C) 206-240-5500 <a href="mailto:shorelinedre@gmail.com">shorelinedre@gmail.com</a>                  |
| Brandon Hunter, Church Administrator                        | (W) 206-363-7994 <a href="mailto:office@shorelineuu.org">office@shorelineuu.org</a>                  |

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

# THE NEW COLOSSUS

BY Emma Lazarus

NOT LIKE THE BRAZEN GIANT OF GREEK  
FAME,

WITH CONQUERING LIMBS ASTRIDE  
FROM LAND TO LAND;

HERE AT OUR SEA-WASHED, SUNSET  
GATES SHALL STAND

A MIGHTY WOMAN WITH A TORCH,  
WHOSE FLAME

IS THE IMPRISONED LIGHTNING, AND  
HER NAME

MOTHER OF EXILES. FROM HER BEA-  
CON-HAND

GLOWS WORLD-WIDE WELCOME; HER  
MILD EYES COMMAND

THE AIR-BRIDGED HARBOR THAT TWIN  
CITIES FRAME.

“KEEP, ANCIENT LANDS, YOUR STO-  
RIED POMP!” CRIES SHE

WITH SILENT LIPS. “GIVE ME YOUR  
TIRED, YOUR POOR,

YOUR HUDDLED MASSES YEARNING  
TO BREATHE FREE,

THE WRETCHED REFUSE OF YOUR  
TEEMING SHORE.

SEND THESE, THE HOMELESS,  
TEMPEST-TOST TO ME,

I LIFT MY LAMP BESIDE THE GOLDEN  
DOOR!”

