

Soundings



Newsletter of Shoreline Unitarian Universalist Church

From Our Minister



Dear Ones,

It is June! Everything on our church campus is bright and blooming (thank you volunteers!) and the air carries the songs of birds. What a wonderful season to be in the Pacific Northwest. I am enjoying walking my dog every day in the deep, green woods, where last week I saw a Barred Owl and a woodpecker with a bright red mohawk. This month I am serving as a chaplain at our Unitarian Universalist General Assembly, our annual, international gathering. Please hold me in your heart and send good energy my way! Being a chaplain is rewarding but challenging. GA is the first time many people

are confronted with concepts like White Supremacy, White Privilege, Heteronormativity, Cis Privilege, and Mansplaining. It can be hard to awaken to oppression, especially if it is oppression that benefits you or that you have contributed to. Feelings of anger and grief are common, and chaplains help people process those emotions while keeping people centered in justice building. If you see me at GA, feel free to share a hug or a word of encouragement.

This summer at SUUC we are going to experiment with having more time for spiritual practices in our Sunday morning worship service. I am hearing from many members of our church family that they feel overwhelmed and even hopeless when thinking about climate change, restrictions on reproductive rights, and the upcoming presidential election. Anxiety is up among our dear folks, and we are going to meet that anxiety with spiritual practices that calm and center our hearts and minds. We will sing, meditate, make art, experience the natural world, and together find ways to not just manage but flourish during this time of upheaval. Finding ways to remain calm and face life's challenges will improve our own existence but also that of every creature around us. When we are calm we think of better solutions to problems, we are more likely to advocate for others, and we are gentler with the people in our lives. There is no doubt that our nation, and the world, are changing very quickly. Climate migration is on the rise, as are hate crimes and authoritarianism. How will we cope with these changes? Being spiritually grounded allows us to stay open-hearted. From a place of centeredness we can confront oppression and live our Unitarian Universalist values.

I look forward spending time with you this summer, celebrating our community and growing spiritually. Together we can nourish each other and heal the world.

Love,
Rev. Kate

PS- If you are planning your summer adventures, consider Creative Arts Elliot, a UU summer camp at the Seabeck Retreat Center. Spend 5 days by the woods and the water, learning new art forms, meeting nice people, and enjoying experiential worship services lead by me! Check out the Elliot Institute website for information on Creative Arts Elliot and two other UU family camps.

Director of Religious Exploration

I know that the end of year is a busy time for many of you, but I really hope to be able to see you at the first two services of this month! June 2nd will be the **youth-led service** which will be a really inspirational and special time. If you've ever wondered, "who are these youth at our church?" or "what are young people in our community getting out of all this UU stuff?" this service will provide you with several first-hand accounts! June 9 is a time to celebrate the 22 regular volunteers (!!!) who helped to make our church's children and youth programs a reality over the past nine months and will feature a special art show by the 3rd-5th grade class who have been working on "Magic Mirrors" which, unlike regular mirrors, show who they are on the *inside*. Don't miss it!

After these two services, we'll begin our 12 all-ages summer RE sessions on June 16. The kids will have opportunities to do some perennial favorite activities (a "field day" at Twin Ponds, making a *giant* fort in the Davis building, and the Nature Scavenger Hunt) as well as some activities unique to this summer such as origami, a "kids' potluck," and more. I invite you to join us for a couple days this summer – the prior school year's RE volunteers are not scheduled during the summer (though some also volunteer in the summer without any arm twisting which should tell you something about our summer sessions!) so we have 14 slots to fill with warm-hearted, open-minded, fun loving adults! Talk to me about this if you are interested in getting involved or learning more.



On a less procedural note, on May 19, as part of our four end-of-year "wrap-up sessions," a group of 15 children heard a story about a Unitarian church which was built by its members. For the first service, which took place at night, each of the villagers brought an oil lamp as the structure lacked any source of lighting. This metaphor – of each person bringing an inner light, some special part of themselves into our church – is one that finds expression in several services, such as the Gathering of Waters, Flower Communion, and the ending of our Christmas services. But I think sometimes that there's less attention paid to the metaphor of each of those people's lights *leaving* the service. After our time together at church, each flame will have helped to create light and warmth in the room. When we leave, we leave with this feeling inside of us – of

having shared in something, of having helped to add to and solidify the foundations of a community which can come together to do great things, much larger and more meaningful things that we could do on our own, a community which feeds each of us spiritually. I hope that as we enter the summer and inevitably see a little less of each other, each of you will take the light from our church with you wherever you may go this summer. On Sunday mornings when you are unable to come to church, consider lighting a chalice on your own or as a family and say something you are grateful for, something you are needing to express but have been holding inside, or just to connect with your heart. When your child helps others in big or small ways, connect their actions to our UU values. If you have difficult times, ask people in our community for help – the opportunity to "re-light" someone's lamp that is running low on fuel is a blessing for both parties involved! And of course, come to church as often as you can – our hearts do not stop needing connection just because school's out and the weather is warmer!

Lastly, one nice way to keep the light of our faith with you in the coming months is to remember to collect a small amount of water (just a couple ounces will do) at some point during the summer to share at the Gathering of the Waters service in September. We'll have little film canisters at church you can borrow to collect water in.

OK, that's all for now. I hope you are all doing well and look forward to seeing you on a Sunday soon,

Chris Pollina
shorelinedre@gmail.com

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

Our theme this year is books that will enhance our recovery. Our choice for the next several newsletters is a wonderful book by Diana Butler Bass entitled, ***Grateful: The Transformative Power of Giving Thanks***. She invites the reader to reflect with her on the fact that many people individually report feelings of personal gratitude. In one study in November of 2016, 78% in the previous week felt a strong sense of gratitude. But at that same time, a Pew study found that many people felt, as the country was moving toward a presidential election year, that we were more anxious, less optimistic, and more distrustful than ever. Bass saw a gap and wanted to learn why we personally often feel grateful, but as a collective, we don't feel very grateful at all. More like angry, discontented and unsatisfied. Why the difference?

Bass ultimately identifies two different types of gratitude: a **debt and duty** model with required reciprocity for the gifts given by the benefactor (a quid pro quo model) AND a **gift and response** model where gifts exist before benefactors (we live on a planet abundant with gifts) and we learn to pass the blessings along (more of a pro bono model). In July's column we'll unpack these two models more and then in August, we'll talk about the difference between a feeling of gratitude and an ethic of gratitude where we choose to be and act grateful, however we are feeling. I recommend this book. It is a powerful invitation to reflect on our perceptions of gratitude and how opening our hearts to a practice of gratitude can bring us more peace, more resilience and more compassion. I believe it will help us live our best possible lives!



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 June on the fourth Monday, June, 24, 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

(continued)

From Rev. Amanda Aikman

A spiritual companion

"The spiritual director serves as a companion and witness, someone who helps you (sometimes with questions, sometimes just by listening) to discern the divine where you might have missed it and to integrate that awareness into your daily life." -- Rabbi Jacob Staub

Dear SUUC Friends,

I'm so pleased that several SUUC people have already taken advantage of my availability as a spiritual companion.



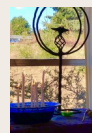
The quote by Rabbi Staub is a great description of spiritual companionship as I practice it. The only change I would make is to assure you that I would change "the divine" to "meaning." My work is to help you discern meaning in your life.

What is authentic to you? What do you truly desire for yourself? What are the deepest satisfactions of your life, and where are the deepest hurts and yearnings? These are the sorts of questions I ask, and together we listen for the quiet answers that arise from your deepest wisdom.

Please contact me via my website, www.revamanda.com, if you'd like to explore spiritual direction. The first session is free, and there is no obligation of any kind.

Wishing you a blissful and meaningful month of June.

Amanda



Rev. Amanda Aikman, Affiliated Community Minister

Minutes of the Board of Trustees Meeting, 7-8:50 P.M. May 7, 2019

Attending: Judi Kalitzki, Bill Hayes, Dana Doerksen, Ryan Dunne, Homer Henderson, Catherine Crain, Rev. Kate and Juel Erickson.

The meeting opened at 7:00pm

The minutes of the April 2, 2019 meeting were approved.

New Business

Ryan presented the finance report. We are now 5/12ths of the year through, and our balance sheet shows we are 30-40% in our spending, which is good. The landscaping project was budgeted for \$4,000 and still has \$1800 remaining. The auction income is still trickling in.

In response to a question raised that the board was not following by-laws regarding audits, Ryan found we don't have a by-law regarding audits. There is a policy that authorizes the board to perform audits periodically. A policy

audit was done in 2012, and longtime members recall an audit being done in the mid-90's. Neither found anything of substantial concern. The 2012 policy audit resulted in updates to our policies and procedures that incorporated additional checks & balances. He recommends that an audit be reconsidered in a year or two.

We have member loans coming due in the next several months, around \$80K, and he will consider paying some off, but could use the money to pay off the Verity loan which is at a higher interest rate. Member loans for the Davis building are being renewed at 2.5% interest as discussed previously and at the last Congregational Meeting.

Concerned was expressed that we are not following GAAP (Generally Accepted Accounting Principles). Ryan has found that churches are not required to follow GAAP and after contacting several other congregations has found none that follow GAAP.

Cindy Lyons, our longtime volunteer bookkeeper is retiring. Two individuals expressed interest in the position, if compensated. It was moved, seconded and passed that we contract with Larissa Sheffler to be our bookkeeper. Larissa Sheffler will be compensated at \$25/hour for up to 6 hours/week. That comes to \$5100 for the rest of the year which will be covered with funds set aside from the Sound Transit rental for this purpose.

Kim Hayes has requested that any funds raised by the landscaping committee members from the sale of flowers donated by Kim be allocated to the new building landscaping and this was moved, seconded and approved by the board.

The following was moved, seconded and approved by the board: Brandon Hunter is now our administrative assistant and is an authorized representative for handling Verity user accounts, replacing Laurie Radin. Ryan Dunne is now VP of finance, replacing Paul Borman. Judi Kalitzki has replaced Carolyn Threadgill as President of the Board. The board authorizes Verity to update authorizations on SUUC's accounts to reflect these facts.

More updates will be necessary as new board members and officers come online and we'll also need to update accounts at our other financial institutions.

The Davis classrooms don't currently get wifi and our tenants usually expect wifi. The estimate to supplying it is \$300. We agreed to move forward on this.

Judi submitted updated personnel policies for board approval. Some discussion ensued, with revisions being recommended. The personnel committee needs 2 more members, it should be 3 people. The board approved the personnel policies as revised.

Kate reported on the Mission and Vision workshop. Not enough folks showed up, so the results are inconclusive. Those folks that did show up were very passionate. They talked about values important to them and the church. We need to figure out what to do next. Smaller groups? Try to propagate this thru the neighborhood groups? Maybe use as part of the stewardship meetings to talk about the future of the church. Or does the congregation feel that this isn't important? We decided that Catherine would present a summary at the Congregational meeting.

We talked about the upcoming congregational meeting and who will do what.

Thank you notes went out to the following for their work on the landscaping work party:

Markus Volke	Laura Westbrook
Kristin and Bruce Hunt	Ken Ritland
Jo Moore	David Duke
Bill and Kim Hayes	
Krista Tenney	
Mary Lou Habermann	
Lucy Wenger	

Meeting adjourned at 9:20 p.m.

Submitted by Juel Erickson, 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.

June Coordinator: Krista Tenney 206-372-7585

July Coordinator: Shelley Anderson- 206-495-8846

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. Come and have a laugh, learn some good stuff, maybe make a new friend or two.

Northwest Justice Project will be June's Plate Share recipient, on Sunday the 9th.

A local nonprofit, Northwest Justice Project secures justice through high-quality legal advocacy that promotes the long-term well-being of low-income individuals, families and communities.

SUUC EVENING BOOK GROUP MEETING JUNE 5

"The owl of Minerva flies at dusk."

The Evening Book Group (aka "The Owls of Minerva") will meet on Wednesday, June 5, from 7:00 to 8:30 p.m. in the Brown Room, in the Davis Building. Nancy York-Erwin will lead our discussion of *Educated: A Memoir* by Tara Westover. We seem lately to be on a streak of books about the connections and tensions between education and the intimacies and restrictions of family life.



We'll also discuss planning details for July's discussion meeting.

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, rlbeekman@gmail.com.

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 June 9 gathering, thank you Nikklas! We meet from Noon to 1 in the Olympia Brown room. You are invited to join in. Any offers to lead in July gratefully received. Any questions, please contact Rev. Barbara Cornell at uubcornell@gmail.com.

Magazine Collection

Thank you to all of you who have thoughtfully brought magazines to share with the patients and visitors at Swedish Edmonds Hospital. We are so very grateful for your generous donations! **The need for recent (within the past six months) magazines of all types is constant.** Thank you for your thoughtfulness. If you have any questions, do not hesitate to contact Rev. Barbara Cornell uubcornell@gmail.com.

New member recognition June 9th!

Please join us in a special welcome to all the people who have joined our community in this past year as we commemorate their decision with special acknowledgment and food after our regular Sunday service. We are very pleased they have chosen to a part of our wider community! Sponsored by The Welcome Team.

Jessie Strauss will show slides and tell about her 50-plus trips building houses throughout the world with Habitat for Humanity on Saturday, June 1st at the SUUC Women's Circle, and after church on Sunday, June 2. She will explain how SUUC members could form a Habitat team and choose a country, and how Habitat helps in the process. She will also explain how individuals could join an already formed Habitat team. Please come!

Weekly Game Night!

Every Thursday, bring your own games or play some of our favorites like Kingdomino, Sushi Go and Splendor. Come join the fun, 6:30-8:30 p.m. Thursdays in the Emerson Room. Contact Jerome Lutge for more info: 206-898-2050.

Shoreline UU Men's Group

The men's group will meet for breakfast at the Wedgwood Broiler, 8230 35th Ave NE, on Saturday, June 15, 9-11 a.m. The discussion topic at this meeting will be "my career(s)". 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, 206 281 7944.

Getting Connected

Sometime within the next year you will likely be contacted by a member of the new SUUC Connections Project Team asking for an opportunity to sit down with you and have a conversation. This Project is sponsored by the Congregational Life Committee and is based on the assumption that all of us joined (and stay) with SUUC because we wanted to make connections with people who could help us achieve some personal objectives. The Project aims to assure that all members of SUUC are making the connections within the congregation that will help them do this.

So, when a Team member contacts you to set up a time to sit down together, say "YES!" If nothing else, it will be a chance to get to know--or know better-- another wonderful fellow-member!

Questions? Contact Paul Borrmann, kdonn55@comcast.net.

Pub Theology for Younger Adults: 6/14, 7 p.m.: Potluck at Kate's house

Looking for a place to enjoy libations while talking liberation? Talk politics with pilsner? Discuss the sacred over stout? Come to Pub Theology, a gathering for people 50ish and younger. All are welcome, no RSVP necessary. Questions? Contact Rev Kate: office@shorelineuu.org.

SOCIAL ACTION MINISTRY MEETING JUNE 8

SUUC members interested in our church's Social Action Ministry (SAM) activities will meet on Saturday, June 8, from 9:30 to 11:00 a.m. in Threadgill Hall, the social hall of our new Davis Building. We will discuss possible work for involving a wider circle of congregants in reviewing, refocusing, and restarting SUUC social justice activities after the summer hiatus. (These include but should not be limited to our current commitments to Faith Action Network, JUJustice Washington, weekly Shoreline Community Dinners at Ronald United Methodist Church, monthly Meaningful Movies with Edmonds UUC, our PlateShare program, our global SRE-Leveraged Donations Campaign, and our Winter Holidays Giving Program.)

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

Melody Moberg as Pulpit Guest on June 30

On Sunday, June 30, we will have as our guest in the pulpit Melody Moberg, Director of Religious Education at University Unitarian Church in Seattle, WA. She is pursuing a Masters of Divinity at Seattle University's School of Theology and Ministry, and plans to become a Unitarian Universalist minister. Melody is also on the Board of Directors of the Unitarian Universalist Partner Church Council.

June Worship Services

Sunday, June 2, 10:30 a.m.: "Coming of Age: Achievement Unlocked!"
The SUUC Youth Group

Sunday, June 9, 10:30 a.m.: "Flower Communion"
Rev. Kate Landis

Sunday, June 16, 10:30 a.m.: "Soul Food"
Rev. Kate Landis

Sunday, June 23, 10:30 a.m.: "What is Faith, Really?"
Pulpit Guest Robert Beekman

Sunday, June 30, 10:30 a.m.: "Wake Now My Senses"
Pulpit Guest Melody Moberg, DRE of University Unitarian Church



Shoreline Unitarian Universalist Church

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2019 Board of Trustees:

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Rev. Barbara Cornell, Affiliated Community Minister (C) 206-510-5690 uubcornell@gmail.com

Rev. Carmen TenEyck-McDowell, Affiliated Community Minister (C) 425-765-9064
Rev.carmen.mcdowell@gmail.com

William Sederholm, Choir Director 206 371-7488 wilholm@msn.com

Chris Pollina, Director of Religious Exploration (C) 206-240-5500 shorelinedre@gmail.com

Brandon Hunter, Church Administrator (W) 206-363-7994 office@shorelineuu.org

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



*A free bird leaps
on the back of the wind
and floats downstream
till the current ends
and dips his wing
in the orange sun rays
and dares to claim the sky.*

*But a bird that stalks
down his narrow cage
can seldom see through
his bars of rage
his wings are clipped and
his feet are tied
so he opens his throat to sing.*

*The caged bird sings
with a fearful trill
of things unknown
but longed for still
and his tune is heard
on the distant hill
for the caged bird
sings of freedom.*

*The free bird thinks of another breeze
and the trade winds soft through the sighing trees
and the fat worms waiting on a dawn bright lawn
and he names the sky his own*

*But a caged bird stands on the grave of dreams
his shadow shouts on a nightmare scream
his wings are clipped and his feet are tied
so he opens his throat to sing.*

*The caged bird sings
with a fearful trill
of things unknown
but longed for still
and his tune is heard
on the distant hill
for the caged bird
sings of freedom.*



— “Caged Bird” by Maya Angelou —