



**MARCH 2016**

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**Worship Services, 10:30 a.m.**

**Sunday, March 6:**

"Just Spiritually Practicing," Rev. Kate Landis; Choir

**Sunday, March 13: (DAYLIGHT SAVING TIME STARTS)**

"Balancing Social Justice and Inner Peace," Rev. Kate Landis

**Sunday, March 20:**

"Spiritual Practice on the Equinox," Rev. Kate Landis; Choir Sings

**Sunday, March 27:**

"You Are an Original Blessing," an All-Ages Celebration of Easter; Choir

Minister's Message

Dear Church Family,

   For centuries people gathered in churches to practice for heaven. This life, they felt, was just an audition for the big show that would be the afterlife. If you didn't work hard enough during your time on Earth, hell would be your punishment. And how do you get to Carnegie Hall? Practice, practice, practice.

   The Universalists said that life was about more than trying out for a role in the afterlife. Universalist ministers admitted that they didn't know what would happen after death, but that life here, on earth, was important no matter what came next. Universalists said that there couldn't be a hell, because why would a loving God create humanity just to damn them? So maybe there was a heaven, and maybe not, but either way there were people living here on this earth, among us, who were stuck in a living hell. Poverty-stricken families, mentally ill folks mistreated in cruel institutions, veterans living on the streets--hell was right here, in our own cities. Congregants didn't need to conjure up a lake of fire to see suffering.

   Universalists said that it was "deeds, not creeds" that mattered when it came to religion. Their rallying cry was "Don't tell me what you believe, but how your belief inspires you to work in this world. Don't tell me about hell, show me what you are doing to save your neighbors from the living hell they are already experiencing."

This month our worship theme is Spiritual Practice, and some folks have asked me what that term means. I define Spiritual Practice as any activity that wakes you up from the spell of day-to-day sleepwalking from one chore to the next and reminds you that life is about more than your to-do list. Any exercise that encourages you to look at the overall direction of your life and consider how your belief is inspiring you to move through the world. Some people meditate, some hike, or swim, pray, or volunteer. The modality doesn't matter--what matters is getting realigned with your values, with your spirit. What matters is letting that which is holy call to you and taking a moment to listen for wisdom.

   This is not another thing you "should be" doing. Spiritual practice doesn't require guilt. If you don't have time to meditate, try driving with the radio off, staying aware of the thoughts that rise up in your mind, acknowledging them without judgement. Maybe take ten deep breaths before you get out of bed every morning, just enjoying how good it feels to inhale and exhale. Maybe brush your teeth mindfully, inhaling the sweet peppermint scent. However spiritual practice can easily slide into your life is the best way for you to do it. Please leave out the guilt.

   I look forward to exploring Spiritual Practice with you in this lovely month of March. Let's welcome the spring together. We don't gather to practice for heaven or learn to dodge hell, but to make this life more divine.

Warmly,

Rev Kate

dre

**Director of Religious Exploration**

 Hello all.  I'm in the middle of moving houses right now so I will keep my Soundings article for this month short and to the point: **I hope that many of you will be coming to the March 20 Parent Orientation to SUUC's RE Program on Sunday, March 20 after church!**  I know I'm really hammering this one home, but I think it's an important event; let me explain why.

   In the approximately hour-long session which will take place after church, Reverend Kate, several members of our church, and I will talk about the scope of our Religious Exploration program, our vision and goals for the children and youth who go through the program, and ways in which parents can help encourage their children's spiritual growth.  I know that everyone comes to our church looking for something slightly different for themselves and their families so there will be time during this event for you all to share your hopes and dreams for your children with the group so that we can ensure our RE program, like our faith as a whole, grows and changes over time to reflect our members.

    As I said during our service celebrating religious freedom on February 21, in a church without answers handed down from authority figures on high, it is our collective work to create (and continually re-create) the kind of spiritual community we want to be a part of each week. I hope that this event will be an opportunity to do this work together by showing what has been created here over the past several years, exploring how we can get the most out of it now, and creating an opportunity to envision ideas about how RE might grow and change as we move into the future.

   Finally, although this orientation is mainly intended for folks who have been attending the church for a year or less, anyone and everyone is welcome to attend!  We will have childcare available as well as some light snacks for grown-ups and kids alike.  Please also note that we'll be skipping our family potluck for this month as this event would conflict with it and I don't want there to be anything else competing for your attention this day.

   Thanks as always for taking time out of your day to read this and stay up to date with the goings on at our wonderful church community!  See you on Sunday,

Chris Pollina

[*shorelinedre@gmail.com*](mailto:shorelinedre@gmail.com)

**Upcoming Events**

Sunday, March 20 - Parent Orientation, 11:45 am-1 pm

See above for details.

Sunday, March 27 - Intergenerational Worship Service/Easter Egg Hunt.

After the Easter themed intergenerational worship service, we'll have our annual Easter Egg Hunt for the little ones in our orchard.

congmeeting

**Congregational Meeting After Church on Sunday, March 13**

**At this Congregational Meeting, the Capital Campaign Committee and the Building Assessment Committee will report on readiness to build in 2016.**

   At the December congregational meeting, it was decided to extend the capital campaign another three months, until March 2016, and at that point have a congregational meeting about our readiness to proceed with a new building in 2016.

   Progress has been made, and will be reported at this meeting. Much work has taken place on preliminary planning, pledges continue to come in, and we have begun soliciting both short-term and long-term loans. Before final approval for the project is a reasonable option, the congregation must consider how, over the next few years, a substantial commitment of operating budget funds needed for repaying long-term loans will impact other desired priorities such as major staff compensation increases.

   This will be a meeting of critical importance to the life of this congregation. Please plan to come. Childcare will be provided.

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Many members of our congregation find Robert's Rules of Order to be confusing.  It is, however, a popular method for meeting organization that ensures fairness and allows anyone to speak and be heard.  The Board will provide a few "cheat sheets" for those of us who need help understanding or remembering the language or process used.  [Attached is the cheat sheet](http://r20.rs6.net/tn.jsp?e=001E7B9pEMnxJlx6nEiTE1_wWQVyoWnjvpU_JsjUNSUKRYuvlgooziiqHyzP-XXzo-AzJq1wcUSMhMHgNXqyF-tPTfISGOU2MWsxbk7CA63j9bKauBAOx6VZ2gTRsMbk1dGdj3XDW8fhOaXJ07CU6048w4UhIpMMgeOCEIxI3dAJcpqClZSYexs9Q==) we will have available for reference at the meeting.  Please feel free to review it ahead of time or bring a copy along if you feel it will be helpful to you.

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moneytalks

**Money Talks**

Tough Choices Ahead

There has been a lot of excitement about the possible new building, and last fall there was also great enthusiasm around the budget proposal that substantially increased compensation for our minister and other great staff. Both are very worthy enterprises. But in our enthusiasm, we must not lose sight of some fiscal realities. So I quote from my last "Money Talks," written toward the end of last November.

   "... a year from now we may have enough in pledges, and may have secured the target of $250,000 additionally in member loans to get to the amounts we set as goals. But even if we do that, and even if costs don't rise (or we raise enough extra to cover those increases), ... we don't have the income we would need to begin repaying that $250,000 in loans (it will cost us about $15,000 per year). This sets up a critical dilemma.  ...our annual income growth has not been enough to allow us to continue providing the annual increases staff will be seeking AND to generate the funds to service the loans needed to complete the building."

   Before we make any decision on the building (which would commit us to those substantial yearly costs for loan repayments), we all need to become informed about how such a decision will limit what we will be able to do on other desired priorities. You will get as much of that information as we have at the special March 13 congregational meeting. See you there!

Paul Borrmann

VP- Finance

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solicitloans**Church Ready to Solicit Loans**

In order for the Church to be financially prepared if the Building Assessment Committee, the Board, and the congregation are ready to move forward this summer on the new building, the Capital Campaign Committee has loan packets outlining the need for, risks, and terms of long-term and bridge loans needed to complete the financing for our new building.

**Two kinds of loans are needed:**

1. The Church needs up to  $250,000 in long-term loans to fund the portion of the building costs that exceed the amount pledged in donations ($500,000) plus the bequest from Sallianne Davis (approximately $125,000). The estimated cost of the new building is $875,000.

   These long-term loans would be amortized over 25 years, with installment payments of principal and interest paid monthly. The interest rate for these loans would be 2% per annum. To help provide certainty, the Church is requesting that members able to do so provide loans with a 25-year term. However, the Church understands that not all members will be able to commit to that time period. The Church will consider loans of less than 25 years as long as the term is at least five years.

2. The Church also needs approximately $250,000 in short-term bridge loans to ensure it has funds to complete the building within five to six months while the $500,000 in pledges are being paid over the course of four years.

   The interest rate for the bridge loans would be 1% per annum. All principal and accrued interest would be payable on the third anniversary of the loan, provided that the Church may prepay all or part of the loans at any time.

**Loan packets are now available. If you are willing to make either a long-term or a bridge loan, please contact one of the members of the capital campaign committee to receive a loan packet and get any questions answered.**

Chris Doerksen, [chrisdoerksen@comcast.net](mailto:chrisdoerksen@comcast.net), 206-919-2667

Bob Beekman, [rlbeekman@gmail.com](mailto:rlbeekman@gmail.com), 206-527-7340

Carolyn Threadgill, [cjtgill@yahoo.com](mailto:cjtgill@yahoo.com), 206-368-9479

Judi Kalitzki, [judikalitzki@aol.com](mailto:judikalitzki@aol.com), 206-527-7340

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**Board Meeting Highlights for February 11, 2016**

**In attendance:** Paul Borrmann, Juel Erickson, Judi Kalitzki, Kate Landis, Alison Lilly, Amanda Ray, Carolyn Threadgill

Absent: Adam Griffith

**Update on Personnel Committee:** There is now a complete complement of members on the Personnel Committee: Robin Bruins will stay on; Chris Prosser and Laraine Volkman have joined.

**Update on Board make-up:** The Board formally acknowledged Karen Thompson's resignation. Paul Borrmann announced he rescinded his resignation and was happy to resume active membership on the Board and as VP of Finance, a decision the Board happily accepted.

**Update on Capital Campaign:** The latest figure for pledges to the capital campaign, as of Sunday, Feb. 7, was $489,102. A land use planner very familiar and experienced with city of Shoreline officials has been hired to facilitate working with the city of Shoreline on a couple of outstanding issues related to the new building: parking and frontage improvements.

**Approval of Loan Packet:** The Board unanimously approved the loan packet created by the new building finance committee, whose members are now ready to actively solicit loans.

**Report on Social Action Ministry Assessment by the Committee on Ministry:** The Board heard from Homer Henderson, representing the COM, about the self-assessment conducted by members of the SAM, facilitated by the COM. Homer praised the good work the SAM is doing, and highlighted a few suggestions the SAM would like to see: better coordination between the SAM and the minister, and between the SAM and the board.

**Balance Sheet Decipherment:** Paul Borrmann led the Board through the church's Balance Sheet, explaining what each item represents and how all the pieces fit together. This was part of President Threadgill's determination to educate Board members on all aspects of the church's integrated finances.

**Review of Dec. 15, 2015 Congregational Meeting:** The Board discussed what went well and what could be improved during the last congregational meeting as it prepares for another congregational meeting on March 13.

Submitted by Judi Kalitzki

seabeck**Seabeck All-Ages Retreat 2016--**

**Building Community with Puget Sound**

**UU Congregations**



**April 22-24, 2016**

**Seabeck Conference Center**

***Featuring: Kathleen Tracy, Singer, Songwriter, Teacher***

Kathleen Tracy will facilitate a program of songs themed around the idea of our oneness with each other and nature. Her program session will touch on our interdependent web of belonging and the need for each of us to be more deliberate about seeking out opportunities for authentic connection in this digital age. She will also address the need to actively confront the ever increasing fragmentation of our culture. A metaphor she uses for this exploration is mycelium and mushrooms--crazy, right? But it works!

   Shoreline, Evergreen and Westside, together with Saltwater, Tahoma, and Olympia UU Congregations are proud to present this year's retreat. There will be many opportunities to participate, learn, laugh and play. We hope you can join us and experience the wonder of togetherness that resonates through the weekend and beyond.

 Register now at: [www.shorelineuu.org/seabeck-retreat.html](http://www.shorelineuu.org/seabeck-retreat.html)

  For questions about our Annual Seabeck Retreat or for help with registration, you may contact us at [seabeckregistrar@gmail.com](mailto:seabeckregistrar@gmail.com) or call 425-224-5133. We look forward to hearing from you!

Side by Side--  
a Column from Mental Health Ministry

This week I'm in Boston for a retreat with other new ministers who are in their first year of Preliminary Fellowship with the Unitarian Universalist Association. We are using The Center for Courage and Renewal's Circles of Trust Touchstones as the basis for our time together. These touchstones, as they were explained to us, struck me as a beautiful way to be with our loved ones who struggle with addiction and or mental health issues. With apologies to the Center for Courage and Renewal, what follows is my attempt to adapt these touchstones to our purpose.

   Being welcoming to our loved one; being present (as fully as we can); only offer invitations, never demands; speak your truth in ways that respect the other person's truth (a lovely way to say no judging, interpreting, correcting or debating); NO fixing, saving, or advising each other (it doesn't work anyway); learn to respond to others with honest, open questions (basic stuff like What do you want most? Where does it hurt? How can we help you?); when the going gets rough, turn to wonder, as in I wonder how my loved one is feeling? I wonder why s/he feels that way? I wonder what my reaction teaches me about myself? listen to yourself; attend to what you are learning in this moment from your own inner teacher; trust and learn from the silence (we don't have to keep talking all the time. We can let it alone and just be quiet together); observe confidentiality (only tell the stories that are yours to tell and remember, confidential, except when harm to self or others is at hand) and know we are not alone. We can find help and support, and know that all we're learning can be like seeds in our hearts that keep growing throughout our lives.

   If there is any way that we can be supportive of you or 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](mailto:uubcornell@gmail.com)

The support group for Family and Friends of those with a lived experience of mental illness for March will be held in the Conference Room at church on March 28, 2016 from 6:30 to 8 p.m. You are invited to join us!

Rev. Barbara Cornell

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anniversarySUUC's 50th Anniversary Flashback

Where did our church's name come from?

SUUC came into being 50 years ago, by splintering off of the overcrowded University Unitarian Church at the suggestion of Rev. Peter Raible. University Church supported our formation financially and philosophically in those early years. The founding steering committee met on December 12, 1965, in the Lake Forest Park shopping center auditorium. Nominations were made for a possible name: Lake Forest Park Unitarian Church, Shoreline Unitarian Church, Ballinger Way Unitarian Church, Lake Sound Unitarian Church, and, more imaginatively, Adlai Stevenson Memorial Unitarian Church. At the first Board Meeting in January 1966, the winning choice was Lake Forest Park Unitarian Church. Renaming occurred in early 1967, after the current property had been purchased. The newsletter ran a contest to pick a name and Shoreline Unitarian Church won out over other interesting suggestions such as Church of the Free Way, Freeside Unitarian Church and Amadeus Unitarian Church.

Laurie Radin (information gathered from original Board meeting minutes.)

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**socialactionSocial Action Ministry Announcements**

**Social Action Ministry Meets Saturday, March 12**

 The SUUC Social Action Ministry will meet Saturday, March 12, from 9:30 to 11 a.m., in the Church Conference Room.  Likely agenda items are expenditures for our work with the UWS tent encampment, the next films in our Meaningful Movies partnership with the Edmonds UU Congregation, the progress of our spring SRE (Social Responsibility Endowment fund) matching donation project, possible replacements for our monthly volunteer night at Food Lifeline (which is moving to Georgetown soon), legislative advocacy alerts, opportunities for networking on political activism, and a discussion of the Committee on Ministry assessment of our group. Check our  [Social Action Ministry blog](http://r20.rs6.net/tn.jsp?e=001E7B9pEMnxJlx6nEiTE1_wWQVyoWnjvpU_JsjUNSUKRYuvlgooziiqHyzP-XXzo-AzJq1wcUSMhN3cEePhyZ5G3ytetPKdg-vo9A-Y-AY6KZE4aJwNXJJIurpIE34xI2EGFwpfnOyIj1vnftH1gIROx-k3UiOE98N) a couple days before the meeting for the detailed agenda for this March meeting.

Next Meaningful Movie

Saturday, March  12

Our Social Action Ministry invites you to attend our next Meaningful Movie at the Edmonds UUC, 8109 224th Street. This award-winning film shows in stunningly beautiful videography the mysteries of the ocean depths and reminds us of our dependence on this resource which covers two-thirds of the planet. Do we dare destroy the source of over half of the oxygen we breathe?

   This screening is free to the public. Doors open at 6:30 for social time and refreshments. Following the film, we will have comments by our special guests and discussion of issues raised by the film. Our special guests:

* Dan Calvert, EcoSystem Recovery Coordinator representing the Puget Sound Partnership
* Sara Hysong-Shimazu, volunteer with the Orca Network/Langley Whale Center

   Donations are gladly accepted to help Sno-King Meaningful Movies continue to bring important films to the community. More at [http://meaningfulmovies.org/events/planet-ocean/](http://r20.rs6.net/tn.jsp?e=001E7B9pEMnxJlx6nEiTE1_wWQVyoWnjvpU_JsjUNSUKRYuvlgooziiqHyzP-XXzo-AzJq1wcUSMhPJcJb3KU2H2XU1MWfd00V6KBDbYMWNcTTpM-Hf_p19HZbtgJlsJnimBWYCqUjzlw_vY4O1Li5JEQ==)

SUUC Benefit Dinner for ANSWER-Nepal

On February 6, our Sanctuary was bursting with color, with delicious Nepali food, and great conversations.  Close to 90 folks came to learn about Nepal as it recovers from a devastating earthquake and to see Jo Moore's pictures of this beautiful country and of the work of ANSWER (American-Nepali Students and Women Educational Resource) students and sponsors in rebuilding the homes of its children.  Thanks to all who helped make this possible: setting up, cleaning up, donating generously.  After our expenses (mostly the excellent food from the Everest Kitchen in Lake Forest Park) we were able contribute to the church and also send $400 to ANSWER.

   And most exciting, several new SUUC families signed up to sponsor Nepali students.  (If you are interested in sponsoring a student's education for only $300 a year, Jo has information on 4-5 more kids needing help.)  This is a particularly satisfying endeavor for families.

   For more information:  [Jottingjo@gmail.com](mailto:Jottingjo@gmail.com)

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](mailto:rlbeekman@gmail.com)).

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communityannouncementsCommunity Announcements

All-Ages Dance!!

Saturday, March 19, 7:30-9 p.m.

Come one, come all!  Bring family, friends of family, and grandkids to this fun fundraiser for the Capital Campaign. $5.00 per adult, suggested donation. Come learn line dances, circle mixers, two, three and four couple mixers.  Dianne Carreri will teach you each dance. Live Celtic/New England music played by The Gents ("He who tickles the ivories stands above us").  Whether dancing or enjoying the music, it will be a fine time with SUUC friends and their friends and family.

Idea Planting in March Women's Circle!

It is time to begin planning and we need you and your ideas! The best programs start out with modest ideas shared and expanded on by the group. Come add subjects that intrigue and move you to make the coming year outstanding. Our brainstorming begins at 10 a.m. on Saturday, March 5, and will be occurring at Fran Campbell's place this month.  Please contact Juel at [juelrickson@hotmail.com](mailto:juelrickson@hotmail.com) or Fran at 206-417-0663 for directions. Bring a "seed idea" to plant and, if you like, bring a snack. Women of all ages are welcome!

The First Bi-Monthly Mim Collins Memorial Potluck   
and Poetry Night!

You are invited to join Catherine Crain and Barbara Cornell as they eat yummy vegan food (but that's what we're bringing...what are you bringing?) and read our favorite poems to one another. We'll be meeting in Chrysalis on Friday, March 11, 2016 at 6 p.m. Catherine and Mim used to do this together and it was such a sweet way for them to spend meaningful time together. We decided to resurrect this practice and invite the whole church to join us. Bring a dish to share and wonderful poems too! Looking forward to see you all soon! Questions? Call Barbara at 206-367-9485.

Hey, there! Thinking about Joining our SUUC Community?

Want to know more about us first? Of course you do!! Our next orientation brunch is on March 12th from 9 until noon at church. Rev. Kate will lead the discussion and you will have a chance to learn more about UU history and about SUUC, in particular. We'll have great foods for your brunch and we can provide child care if you need it. If you would like to join us, just give the office a call (206-363-7994) or contact Homer Henderson [the\_hendersons2000@yahoo.com](mailto:the_hendersons2000@yahoo.com) . Looking forward to seeing you!

     New Member Ingathering! On Sunday, March 20th, it will be a great pleasure for us to welcome new members to our community! If you have already attended an orientation brunch, you are welcome to join us on that date. We invite you to contact Homer Henderson ([the\_hendersons2000@yahoo.com](mailto:the_hendersons2000@yahoo.com)) if you plan on joining us March 20th or if you have any questions.

SUUC Evening Book Group Meeting March 2

"The owl of Minerva flies at dusk."

The book for the March meeting of the Evening Book Group (aka "The Owls of Minerva") will be The Black Count: Glory, Revolution, Betrayal, and the Real Count of Monte Cristo by Tom Reiss. The meeting will be on Wednesday, March 2, from 7 to 8:30 p.m. in the Church Conference Room. Bob Beekman will facilitate the discussion.

   The next book -- for our April 6 meeting -- will be How Jesus Became God: The Exaltation of a Jewish Preacher from Galilee by Bart Ehrman.

   Anyone is welcome to join our meetings on the first Wednesday of each month -- even if you haven't finished reading the book for the month! If more information is needed, contact Bob Beekman, 206-527-7340, [rlbeekman@gmail.com](mailto:rlbeekman@gmail.com).

Sing! Listen! Support!

The fourth Puget Sound UU Choral Festival is happening the weekend of March 5-6. A choir of about 100 will prepare music under the direction of UU composer Jason Shelton, composer of "Fire of Commitment," and "Standing on the Side of Love." You are invited to sing if you want, attend the performance, or offer an overnight stay to one or more fellow UUs.

* To sing: That choir of about 100 could include you! The day-long workshop/rehearsal will be Saturday, March 5, at Northlake UU Church in Kirkland. Registration forms are online, and Susan Storer Clark has paper registration forms and music packets. Contact her at songsue30@gmail.com. Registration costs $30, payable to the registrars; the music packet is $5 payable to Susan, who has fronted the money.
* To offer an overnight stay: Singers will be coming from all over the Puget Sound area to participate. If you can offer a place to stay overnight on March 5, and provide breakfast on Sunday, March 6, Susan can help you with that, too.
* To attend the performance: The "performance" will be a worship service built around the wonderful choral music. Kirkland Performance Center, 4 p.m. on Sunday, March 6. Admission is free, but donations will be welcome.

Making Beautiful Music Together

You may have noticed that we have an energetic and varied music program at Shoreline UU Church, and maybe even noticed what a good time the musicians seem to be having. Here are a couple of ways you can join the fun:

Join the choir. "I joined the choir because I wanted to sing more. I stay because I'm having fun." Our all-volunteer choir presents music twice a month and rehearses each Thursday night 6 -7:30 p.m. Some choir members are highly accomplished musicians. Some are just learning. The ability to read music is helpful but not required. The choir recently added several fabulous altos and could especially use more tenors and basses. Contact Fred West at northmanwest@earthlink.com, or just show up some Thursday night. Shower singers and shy persons are welcome.

Present music yourself. On the Sundays when the choir is not singing, music is provided by individuals or informal groups formed from the congregation. You are invited to sing or play for us, too! The Music Committee can help you learn the ropes of singing for a service, as well as helping with rehearsal information or coaching. Teens and children are very welcome. Get in touch with James Lucal, jameslucal91@icloud.com, or Susan Storer Clark, songsue30@gmail.com.

March Hymn of the Month: #1048 "Ubi Caritas"

Each month the Music Committee chooses a hymn to introduce to the congregation, so that we may explore more of the rich musical heritage available to us. This month's hymn is from the Taizé monastic community in France, which employs and promotes contemplative worship. The text, "Where there is love and charity, there is God," is from First Corinthians in the Christian New Testament. The melody is very old in the Christian tradition; it may be Gregorian (400-1000 CE) but may also be even older than that, dating from before a time when the Christian tradition formalized the ceremony of the mass. It is easily sung in parts or as a round, and in Taizé worship will be repeated many times.

Exploring Shamanism

GreenSong CUUPS, SUUC's Pagan group, invites you to join us at 7 p.m. on Wednesday, March 23, in the Sanctuary for an evening of exploring earth-based spirituality. We will share a conceptual frame for Shamanism, discuss some of the paths modern Shamanism can take, and work with simple, accessible techniques that you can use in your own spiritual practice.

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, March 19, 9-11 a.m. We will discuss the theme "spiritual practice" at this meeting.  All SUUC men are welcome at our monthly breakfast meetings on the third Saturday of each month.

calendar**March Calendar of Events**

Tuesday, March 1

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

Wednesday, March 2

6:30-8 p.m.  Potluck Supper, Nursery

7-8:30 p.m. Evening Book Group, Conference Room

Thursday, March 3

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

7:45-9 p.m.  Music Committee, Conference Room, Nursery

Friday, March 4

12-2 p.m.  Appreciating Elderhood, Sanctuary

Saturday, March 5

10 a.m.-12:15 p.m.  Women's Circle, Fran Campbell’s Residence

Sunday, March 6

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

6-8 p.m.  Youth Group, Youth Portable

Tuesday, March 8

1:30-3:30 p.m.  Afternoon Chalice Circle, Nursery

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

7-8:30 p.m.  Voluntary Simplicity Class, Conference Room

7-9 p.m. Tuesday Evening Chalice Circle, East Chrysalis

Wednesday, March 9

6:30-8 p.m.  Potluck Supper, Nursery

7-8:30 p.m.  Welcome Team Meeting, Conference Room

Thursday, March 10

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

6:30-9 p.m.  Board Meeting, Conference Room

Friday, March 11

6-9 p.m.  Poetry Night, Chrysalis

Saturday, March 12

9 a.m.-12 p.m.  New Member Orientation, Chrysalis

9:30-11:30 a.m. Social Action Meeting, Conference Room

7-9 p.m.  Showing of Planet Ocean at Edmonds UUC

Sunday, March 13

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

12-1 p.m.  Congregational Meeting, Sanctuary

12-2 p.m. Dance Musicians Rehearsal, Chrysalis

6-8 p.m.  Youth Group, Youth Portable

Tuesday, March 15

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

Wednesday, March 16

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

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

Thursday, March 17

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

Friday, March 18

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

12-2 p.m.  Appreciating Elderhood, Sanctuary

Saturday, March 19

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

7-9 p.m. Family Dance, Sanctuary

Sunday, March 20

10 a.m.  Soundings Copy Deadline

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

12-1 p.m. Family Potluck, Sanctuary

12-1:30 p.m. New Parent Orientation, Chrysalis

6-8 p.m.  Youth Group, Youth Portable

Tuesday, March 22

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

Wednesday, March 23

6:30-8 p.m.  Weekly Potluck, Nursery

7-9 p.m.  GreenSong CUUPS Pagan Group, Sanctuary

Thursday, March 24

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

Sunday, March 27

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

11:45 a.m. -1 p.m.  GreenSong CUUPS Pagan Group Check In, Conference Room

6-8 p.m.  Youth Group, Youth Portable

Monday, March 28

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

Tuesday, March 29

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

Wednesday, March 30

6:30-8 p.m.  Weekly Potluck, Nursery

Thursday, March 31

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

volunteers

**Sunday Volunteer Schedule**

**March 6:**

Nancy Curtis & Joan Brooks, Greeters

Alison and Jeff Lilly, Ushers

**March 13:**

Andy Landis & Megan Watson, Greeters

Paul Borrmann & Anne Martin, Ushers

Rick Wilson & Juel Erickson, Baristas

**March 20:**  
Bernice Ege-Zavala & Earl Davis, Greeters

Barbara Stilson & Homer Henderson, Ushers

Tori Manzer, Barista

**March 27:**

Carolyn Brenner & Sue Leisy, Greeters

Ryan Dunne & Zoey Phillips, Ushers

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