

# Soundings



Newsletter of Shoreline Unitarian Universalist Church

**NOVEMBER 2015**



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

November 1 (Don't forget, Daylight Saving Time ends; turn your clocks back an hour Saturday night.):

"When Reason Dreams," Jessica Star Rockers, Pulpit Guest; Choir Sings

November 8:

"The Mystery in the Mirror," Rev. Kate Landis

Our Plate Share recipient on November 8 will be Share/Wheels Tent Cities (see below)

November 15:

"A Holy Time," Rev. Kate Landis; Choir Sings

November 22:

"An All-Ages Exploration of Gratitude," Rev. Kate Landis

November 29:

"Darwin and Emma, the Good Unitarian," Rev. Kate Landis



## Minister's Message

Hello my dear church family!

It is November--leaves are crunching underfoot, sweater weather has arrived, and Thanksgiving is just a few weeks away. It is gratitude season, and I hope you have many blessings to count.

I love living in the Puget Sound, and one of the things I am most grateful for here is the Town Hall speaker's series. Last week I heard Alicia Garza and Kris Hermanns speak on Today's Feminism: Bold and Inclusive Leadership. Alicia

Garza is the founder of the #Black Lives Matter hashtag and co-leads that organization. Kris Hermanns is the Executive Director of the Pride Foundation, which works to expand equality across the Pacific Northwest. They spoke about intersectionality--the places where 'isms like race and gender meet. An African-American woman faces both racism and sexism, a lesbian faces both homophobia and sexism. Other intersectionality's might be around ableism and class.

An audience member asked the panelists what role faith played in their activism, and I think Alicia Garza had a really interesting answer. She said that "The whole notion of faith is learning that it's not all about you, and you can't control it." Is this the role you see religious practice playing in your life? I certainly find comfort in backing away from my zoomed-in everyday life to look at the big picture with you on Sundays. Together we look for what is more important than our personal concerns, even what is bigger than what other folks like us are thinking about. Together we try and transcend our demographic and consider our world through wider eyes. We remember- it is not about us.

Her second notion is that "we can't control it"--with it being every part of our communal lives. We can't control it when a gunman murders students at a community college in Oregon. We can't control it when some police officers, public servants, abuse their power and oppress people of color. We can't control it when our state's tax structure punishes the poor for being poor. We can't control it, but we sure can fight back.

I fear that in this age of information overload, when depressing, true news is as close as my smart phone, we feel overwhelmed by how much pain is in our world. We can't control it--we can't pick up the magic red phone and call it all off--but we can impact our corner of the world. We can talk to our neighbors about voting for better taxation, we can demand our elected leaders take action to prevent gun violence. We can sign petitions and show up at public meetings. When unarmed black people are murdered in police custody we can say "not in my name" and show our solidarity on Facebook, at marches, and by talking about race in our own neighborhoods and schools. Most importantly we can do our own work on racism, by questioning our own assumptions about skin color, privilege, and bias. Google "unpacking the invisible knapsack of white privilege." Talk to other white folks about being white.

As your companion on this spiritual journey, I am here to remind you: it isn't about you. And you can't control it, so stop feeling so guilty! But we can change our corner of the world, through powerful conversations, showing up in solidarity, and demanding more from our leaders. I hope that our time together on Sunday mornings makes you feel more resilient and brave. I am grateful for you and all the strength and resilience you give me.

Fondly,  
Rev Kate



## Director of Religious Exploration

Greetings everyone! I hope that you are all enjoying resettling into the routine of the school/church year as much as I have been. Now that the classes are underway again and gaining a bit more momentum, I can devote more of my time to looking ahead and trying to think about the big picture of our RE program. One aspect of this is publicizing and “giving legs” to the mission and vision the RE Big Picture Team came up with in the first half of this year. Here’s the vision the group came

up with:

Children who participate in the Religious Exploration program at Shoreline UU Church will:

- Gain an understanding of spirituality through a personal relationship with Unitarian Universalism,
- Feel a sense of belonging to and being supported by our church community,
- Understand they are part of the greater UU community,
- Work to create a more just world.

The team also came up with a mission statement which consists of several specific things (too many to list here--they’ll be on the website soon!) that we’ll work to ensure children learn or do during their time in each grade grouping. I’m currently in the process of figuring out which of these aspects will already be covered by a class’ curriculum and which ones will need some additional planning to make happen as well as beginning to think about how we’ll evaluate the goals later on. I feel strongly that our vision and mission statement shouldn’t be merely symbolic or well intentioned (as many documents like this often end up being!) but actually useful in terms of guiding our program. I’ll be sharing more about the developments of this from the pulpit and from this column in coming months and look forward to seeing the changes in our RE program, the children who are part of it, and hopefully our church as a whole! If you’d like to help out or learn more about what this process will look like, please feel free to get in touch with me any time and I’d be happy to tell you more!

Chris Pollina

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

## Upcoming Events

Sunday, November 8--Teacher Breakfast, 9-10 a.m.

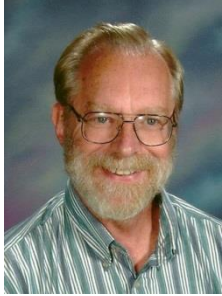
If you are a volunteer in the RE program this year, please join us in the Chrysalis for a freshly prepared breakfast and discussion with your teaching team about how the beginning of the year is going in your respective classes.

Sunday, November 15--Last Sunday to Order Pies!

This will be the last Sunday to get your pie orders in for the annual youth group pie sale. We’re offering some new pies this year.

Sunday, November 22--Intergenerational Worship Service and Thanksgiving Potluck, noon-2 p.m.

We’ll be folding our monthly family potluck in with the annual Thanksgiving potluck this year. This is also the day to pick up any pies you ordered from the youth group’s pie sale, either before or after church.



**Money Talks November 2015  
Two Campaigns--Don't Just Think About It!**

During October you have been asked to think about your support level for both the Operating budget campaign and the Capital Campaign to replace the old portables. You have been invited to attend a house meeting, and, as I write this, with four more meetings yet to take place, 81 of you have attended one.

And I suppose I should be happy that so many of you are apparently thinking long and hard about this -- as of October 19, we had received only 23 completed pledge forms for the Capital Campaign, and only 40 completed pledge forms for the Operating budget campaign. This at a time when only 6 days remained before the deadline for the Operating budget campaign (October 25), and only 13 days before the Capital deadline (November 1).

I should be happy, but my primary feeling is one of nervousness. We have 135 pledging units (some are individuals and some are couples), and we have typically received a greater portion of the returns by this stage. It looks like I'm going to have to wear out the hardworking Stewardship Committee with a bunch of the dreaded reminder phone calls!!

Remember, even if you cannot make a dollar pledge to the Capital Campaign, please submit your salmon-colored form anyway with a zero written in. And even if your pledge to the operating budget is very small, bring or send that in as well.

Don't just think about it!

Paul Borrmann  
VP- Finance



**Side by Side: A Column from Mental Health Ministry**

Last month our district Addictions Ministry Project (AMP) team put on a very informative Fall Conference. The keynote was on the value and importance of presence and was delivered by Rev. Barbara Stevens, the chair of the AMP team. This is so important! Being present, focusing on the person we are with and not judging, just listening and loving him or her. We also had a presentation on a new curriculum for people who struggle with substance abuse and who also have a history of trauma, including PTSD, called Seeking Safety. More on this will be our topic next month. One of my favorite parts of conferences like this is that we got to meet people from all over our area and to learn what they are doing in their congregations. One of the most interesting conversations I had was with Rev. Steven Epperson from our Vancouver, BC congregation. He shared that they offer a monthly two hour meeting, where the group listens to a podcast from Madness Radio (I had never hear of it! Here's the link: <http://www.madnessradio.net/>) and then take a break and the second hour is all discussion about that particular podcast. The website says that these podcasts offer voices and visions from outside mental health. Rev. Epperson was very enthusiastic about the things they are learning and the support they are able to offer. I've just started listening to the podcasts and wanted to share this link. It was a great conference and I'm already looking forward to next year! Hope you'll plan to join us.

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](mailto:uubcornell@gmail.com)

The support group for Family and Friends of those with a lived experience of mental illness for November will be held in the conference room at church on November 23, 2015 from 6:30 to 8 p.m. You are invited!

Rev. Barbara Cornell

## Social Action Ministry

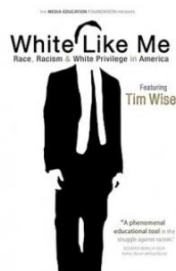


Social Action Ministry

### Social Action Ministry Meeting Saturday, Nov. 14

This month's meeting will be Saturday, November 14, at 9:30 a.m., in the Church Conference Room. The main agenda item is expected to be this year's SUUC Winter Holiday Giving Project, in which we organize our congregation's Nov./Dec. giving of food, clothing, and personal gifts for a targeted group of local neighbors in need. (The recipient group will have been chosen at the October 24 meeting.) We will also

have reports on our Sno-King Meaningful Movies partnership with the Edmonds church, the completion of the fall repeat of our popular course on Economic Inequality, the Nov. 8 WA UU Voices for Justice state legislative priorities conference, and perhaps the results of the Oct. 31 Committee on Ministry assessment of SUUC Social Action. Check the Social Action blog (on the Northwest UU Justice Network site) a couple days before the meeting for an updated agenda.



### "White Like Me," a film about Race, Racism & White Privilege in America at Sno-King Meaningful Movies, Nov. 14

This film is an eye-opening presentation of what it means to be white in a white society, run by whites, for whites. And also how easy -- natural -- it is for whites to be oblivious to all the social and economic advantages and the more subconscious psychological benefits that come from being part of this "normal" group. Refreshments and discussion will follow the showing of the film.

- Sat., November 14, 2015, 7:00 p.m.,
- Edmonds UU Church, 8109 224th St. SW, Edmonds, WA 98026
- Free admission (donations welcomed)

Sno-King Meaningful Movies are presented bi-monthly at the Edmonds Unitarian Universalist Church, by a partnership of the Shoreline UU Church's Social Action Ministry, the Edmonds UU Church Peace & Justice Committee, and the Snohomish County Peace Action Committee.

### UU Voices for Justice Annual Legislative Conference - Sunday, November 8

Join UUs in your congregation and across the state to vote on state legislative issues for 2016. Climate justice, death penalty, equitable tax system, Black Lives Matter agenda, economic justice such as minimum wage, education are all choices. Join the 8th Annual Legislative Conference on Sunday, November 8. Through the magic of the internet and video conferencing, you'll meet with Washingtonians from all over the state while remaining at your church. You may want to begin after Sunday service over brown bag lunches and review informative interviews on relevant topics. The video conference itself runs from 1:30 to 3:30. To join Shoreline UUC's participants, contact Bob Beekman ([rlbeekman@gmail.com](mailto:rlbeekman@gmail.com), 206-527-7340). You can get more information and register at <http://goo.gl/MfzH51>. Join us and invite friends!



### **SUUC Service Project at Food Lifeline**

Working with the food industry and its surpluses, Food Lifeline comes up with creative solutions to stopping hunger, including redirecting good food from manufacturers, farmers, grocery stores and restaurants that might otherwise go to waste. They provide 88,000 meals a day to local food assistance programs, and that, combined with their policy work, creates a sustainable

approach to stopping hunger. See more at:

<https://foodlifeline.org/about#sthash.oGWPwnGL.dpuf>

November Date: Tuesday November 17, 2015. 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 is 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 December 15, 2015. We go every third Tuesday of the month and we would love to have YOU join us. Carpooling can be arranged.

Please sign up in the hall at the Social Action bulletin board or by contacting Laura "FoodBanks" ([laurabanks1@comcast.net](mailto:laurabanks1@comcast.net) or 206-235-3611 by phone or by text).

### **Community Announcements**



#### **SUUC's Thanksgiving Dinner! Come One, Come All!!!**

Sunday, November 22, right after church. Come join us for a potluck dinner, sponsored by the Welcome Team. We will roast a couple of turkeys and provide a vegetarian alternative. You get to bring a favorite dish to share that will serve eight--perhaps potatoes, sweet or otherwise, Jell-O, dressings, veggies, pickles, crackers, rolls, desserts, some cultural favorite handed down by

your family--all foods are welcome! We will provide compostable plates/cutlery/napkins, helping to make clean-up a breeze! We will also provide coffee and tea. Everyone is welcome! There is always lots of food, so invite friends, as well. Mark it on your calendar-November 22. It'll be deliciously great!

#### **November 1 Pulpit Speaker:**

Jessica Star Rockers is a first-year seminary student at Meadville Lombard Theological School. She lives on Bainbridge Island with her husband and son. They are members of Cedars UU Church where she is a worship associate and the board president.

Here is something about Jessica's upcoming sermon: "In his book *The End of God Talk*, theologian Anthony Pinn calls God 'a human construct that no longer carries the weight of the job it was meant to do.' If this is true, and God is just a symbol, perhaps there is something we can dream that will do the job. Let's entertain the idea of a humanist spirituality able to hold the tension of both faith and reason. And imagine how this tension might aid us in our quest for meaning."

### **November 8 is the next Plate Share Sunday.**

Our recipient will be Share/Wheel's Tent Cities. These are portable, self-managed communities of up to 100 homeless men and women, democratically organized and operating under a strict Code of Conduct.

SUUC members will be given an opportunity throughout this month to submit nominations of previously unrecognized nonprofits, for Plate Share recognition during 2016. A sign-up sheet will be available in the hall on November 1, 8, 15, and 22.

### **Get Ready to Celebrate!**



2016 marks 50 years since the establishment of Shoreline Unitarian Universalist Church. Planning has already begun for events to mark this golden anniversary of our church and celebrate our role in the community for the past 50 years!

If you would like to be involved in the planning of events in any capacity (big or small), please contact Mandy Ray via e-mail ([AmandaRay930@gmail.com](mailto:AmandaRay930@gmail.com)) or by phone call or text (cell: 847-347-6419). We will be having a meeting to get organized on Sunday 11/15 after services (12:30-1:30 p.m.), location TBA.

Though several ideas are in the works, bring your planning hats, your ideas, and excitement at this milestone in our church's history!



### **Salmon of Wisdom Nature Walk**

What's all that splashing? It's the salmon, of course! Every year, this celebrated totem of the Pacific Northwest returns to our streams and rivers, teaching us powerful lessons in ecological and spiritual interconnection. You're invited to join GreenSong CUUPS on Saturday, November 14, for a guided nature walk along the banks of Piper's Creek, where we'll witness the inspiring journey of the salmon right up close! Come learn about the salmon's place in world mythology, from Native American tales to ancient Celtic legends, and discover its importance as a keystone species shaping the environment in profound and unexpected ways. This event is family-friendly and great fun for kids! We'll meet in the SUUC parking lot at 9:30 a.m. and carpool to Carkeek Park for a leisurely walk ending around noon. Come dressed for time outdoors, rain or shine! For more details, please email: [alison.leigh.lilly@gmail.com](mailto:alison.leigh.lilly@gmail.com)

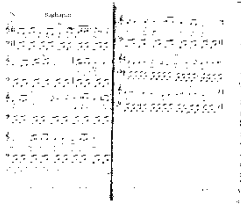


### **SUUC Evening Book Group Meeting Nov. 4**

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

The book for the October meeting of the Evening Book Group (aka "The Owls of Minerva") will be *The Invention of Wings* by Sue Monk Kidd. The meeting will be on Wednesday, November 4, from 7:00 to 8:30 p.m. in the Church conference room. Judi Kalitzki will lead the discussion. 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!

For our December 2 meeting, the reading will be *Wilde in America*: Oscar Wilde and the *Invention of Modern Celebrity* by David Friedman. That discussion will be led by Bill King. If more information is needed, contact Bob Beekman, (206) 527-7340, [rlbeekman@gmail.com](mailto:rlbeekman@gmail.com).



### **November Hymn of the Month:**

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 Raghupati, #178. It is a popular bhajan, a Hindu devotional song, with a text that calls for peace between Moslem and Hindu. The first verse calls to Ram, one of the twelve incarnations of God,

asking for good counsel "to us who may call you Eeswar and us who may call you Allah." It was a favorite of Mahatma Gandhi.

### **Grounds Notes from Laura**

Hello all! On Saturday, November 14, from 9:30-11:30 (ish), I'll be working on taking hardwood cuttings and trying to root them. If any of you are interested in learning how it is done - come on down and we'll do it together. I'll demonstrate, and you can take home a pot to watch for growth. RSVP by email ([wildweeder@gmail.com](mailto:wildweeder@gmail.com)) so I know how much sand and pots to bring.  
Laura Westbrook

### **November 7 Women's Circle is an "All About Scarves, Scarf Tying and Scarf Exchange Program."**

Bring scarves and learn new ways to use them, tie them, fold them. Bring extras to give or trade. The gathering starts at 10:00 a.m. in Chrysalis. Bring snacks to share if you wish. All SUUC women welcomed.

### **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, November 21, 9-11 a.m. We will discuss the theme "gratitude" at this meeting. All SUUC men are welcome at our monthly breakfast meetings on the third Saturday of each month in 2015.

**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)).

**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](mailto:permitted2shine@gmail.com).

## **November Calendar of Events**

Sunday, November 1--End of Daylight Saving Time

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

12-1 p.m. Endowment Committee Meeting, Conference Room

Tuesday, November 3

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

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

7-9 p.m. Singing Group Rehearsal, Youth Portable

Wednesday, November 4

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

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



Thursday, November 5  
6-7:30 p.m. Choir Rehearsal, Sanctuary  
7:30-9 p.m. Special Music Rehearsal, Sanctuary  
7:45-9 p.m. Music Committee Meeting, Nursery/Conference Room

Friday, November 6  
12-2 p.m. Appreciating Elderhood, Sanctuary

Saturday, November 7  
10 a.m.-12:15 p.m. Women's Circle, Chrysalis

Sunday, November 8  
8-10 a.m. Teachers' Breakfast, Chrysalis  
10:30-11:45 a.m. Worship Service and Children's Activities, Sanctuary & Chrysalis

Tuesday, November 10  
6-8 p.m. Weekly Game Night, Chrysalis  
7-9 p.m. Singing Group Rehearsal, Youth Portable  
7-9 p.m. Tuesday Evening Chalice Circle, East Chrysalis  
Wednesday, November 11  
6:30-8 p.m. Potluck Supper, Nursery  
7-8:30 p.m. Welcome Team Meeting, Conference Room

Thursday, November 12  
6-7:30 p.m. Choir Rehearsal, Sanctuary  
7-9 p.m. Board Meeting, Conference Room

Saturday, November 14  
9 a.m.-noon Grounds Work Party  
9:30-11:30 a.m. Social Action Ministry Meeting, Conference Room

Sunday, November 15  
10:30-11:45 a.m. Worship Service and Children's Activities, Sanctuary & Chrysalis  
12:30-1:30 p.m. 50th Anniversary Planning Meeting, Conference Room  
1-3 p.m. Grief Workshop Followup, Sanctuary

Tuesday, November 17  
6-8 p.m. Weekly Game Night, Chrysalis  
6-8 p.m. Food Lifeline Project  
7-9 p.m. Singing Group Rehearsal, Youth Portable

Wednesday, November 18  
6:30-8 p.m. Potluck Supper, Nursery  
7-8:30 p.m. Worship Planning Committee Meeting, Conference Room

Thursday, November 19  
6-7:30 p.m. Choir Rehearsal, Sanctuary

Friday, November 20

10 a.m. SOUNDINGS Copy Deadline

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

12-2 p.m. Appreciating Elderhood, Sanctuary

Saturday, November 21

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

3 p.m. --- Youth Group Pie Making, Chrysalis, Youth Portable

6 p.m. --- Youth Group Pie Making and Sleepover, Sanctuary

Sunday, November 22

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

11:45 a.m. -12:30 p.m. GreenSong Check In, Conference Room

12-1 p.m. Thanksgiving Potluck, Sanctuary

Monday, November 23

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

Tuesday, November 24

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

7-9 p.m. Singing Group Rehearsal, Youth Portable

Wednesday, November 25

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

7-9 p.m. Knitting Group, Conference Room

Thursday, November 26

Thanksgiving Day Holiday; office closed

Sunday, November 29

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

### **Sunday Volunteer Schedule**

November 1:

Nancy Curtis & Joan Brooks, Greeters

Ryan Dunne & Zoey Phillips, Ushers

Jean Berolzheimer & John Stott, Baristas

November 8:

Andy Landis & Megan Watson, Greeters

Homer Henderson & Barbara Stilson, Ushers

November 15:

Bernice Ege-Zavala & Barbara Thake, Greeters

Paul Borrmann & Anne Martin, Ushers

Bev Hesterberg, Barista

November 22:

Sue Leisy & Carolyn Brenner, Greeters

Alison Leigh Lilly & Jeff Lilly, Ushers

Kristen & Bruce Hunt, Baristas

November 29:

Fran & Bruce Campbell, Greeters

Shirley Beresford & Donald Patrick, Ushers

Jean Berolzheimer & John Stott, Baristas