

Soundings



Newsletter of Shoreline Unitarian Universalist Church

OCTOBER 2015



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Worship Services, 10:30 a.m.

October 4:

"Nurturing Hope in a Dangerous Time," Dr. Richard Gammon, Guest Speaker; Choir Sings

October 11:

"Our Spirit's Home," Rev. Kate Landis

Our Plate Share recipient on October 11 will be Real Change. Real Change provides opportunity and a voice for low-income and homeless people, while taking action for economic justice.

October 18:

"Home in the World," Rev. Kate Landis; Choir Sings

October 25:

"Day of the Dead/Dia de los Muertos," all ages celebration! Rev. Kate Landis

Minister's Message

Happy October! It is now truly autumn, and the leaves are creating golden tunnels over our heads as we bundle up in sweaters and hats. While you read this I am in Transylvania visiting our Unitarian kin high in the Carpathian mountains. I look forward to being back with you and sharing my adventures.

This month our theme is home, an apt one considering that thousands of Syrians are fleeing on flimsy rafts and under the floorboards of trucks, while people from Mexico and Central America continue to be held in cruel detention centers in the US before being loaded onto buses and planes in chains, children separated from parents and left to fend for themselves. What does home mean when so many souls are desperate to escape one place for another? What is home to us when we live in the promised land that millions seek?

When life boggles me I turn to poetry, which never gives me a trite answer but walks with me while I explore. This poem is called "Prospective Immigrants Please Note" and it's by one of my favorite writers, Adrienne Rich:

*Either you will
go through this door
or you will not go through.
If you go through
there is always the risk
of remembering your name.*

This month we will consider home, a place that can be pure comfort or pure fear, loving acceptance or a reminder of how much you don't belong. What is it to remember your own name? What is it to go home?

Rev Kate



Director of Religious Exploration

I am so happy that the school and church year are getting started and slowly gathering steam - after months of preparing the ground for this year's RE program by holding trainings, facilitating meetings, working on schedules, planning curricula, and the like, it's finally HAPPENING! The classes have all seen a lot of change this year with almost half of the children moving up to a new class and it's been a pleasure to see little ones become medium ones and medium ones become big ones! There's also been a few more kids here over the past few months - so far our attendance in September is five more kids per Sunday than last September!

I want to make a special shout out to all the folks helping to get the youth group restarted this year - the four advisors, Chris Moore, Bev Hesterberg, Dianne Carreri, and Aureole Lopez-Shulman, all the parents and grandparents of the youth, and, of course, the youth themselves! The youth group got off to a great beginning in the last few weeks in which we had nine different youth from grades 7-10 come together to discuss values and empathy, play ridiculous games, and plan what they'll be doing in the upcoming months. Expect to be hearing a lot more from them and about them this year as they are *psyched* to be here and full of energy and inspiration to build a rich, vibrant, welcoming, and just plain fun youth group.

Hope you are all well as we enter the fall season. May you all enjoy much time in warm and welcoming environs with those close to you as the weather begins to get colder.



Chris Pollina
shorelinedre@gmail.com

Upcoming Events:

Sunday, October 18 - Family Potluck, noon-2 p.m.

Our monthly kid-friendly potluck. Bring a dish to share, games, and anything else.

Sunday, October 25 -Día De Los Muertos Intergenerational Worship Service

A time for people of all ages to come together and remember the people and animals who have touched our lives whom we have lost. You are invited to bring a picture, token, or keepsake of a person or animal you've lost who is dear to you which can be added to our altar during the service and retrieved at the end of the service.

Money Talks

A NEW BUILDING! -- Think About It!

Wow! A great space where we can gather over coffee and forge deeper relationships. Inviting classrooms for our kids' religious exploration and for our adult groups as well. All totally and easily accessible to all.

OK, now you've thought about it. From September 27 until November 1, it's time to act, to reflect on just what you can do to make the construction happen next summer.

The goal for the Capital Campaign is **\$500,000** in pledges or gifts. You will have three full years -- until the end of 2018 -- to complete your pledge. And I know it will be a stretch for most of us. But think...

If you are well into retirement, think about making that planned bequest an early gift, where you can live to see what it produces. If you, like me, are more recent retirees, think about whether you really need to hold onto all that you have put away "just in case." Same for those approaching retirement. And if you are quite far from retirement, think about whether you can put off that new car for a couple years, or that basement re-model, or that dream vacation.

And if you struggle just to make ends meet each month, just think about ANY little bit you might be able to give -- EVERY dollar matters.

Respond to your invitation and come to a house meeting this fall.

And don't just think about it... it's time to act.

Paul Borrmann
VP- Finance



September Board Meeting Minutes

September 10th, 2015 7-9 p.m.
SUUC Conference Room, prepared by Adam Griffith

In Attendance

*Juel Erickson, Amanda Ray, Karen Thompson, Adam Griffith, Carolyn Threadgill, Alison Lilly; **Absent:** Paul Borrmann*

Opening

Call to Order -- Karen Thompson presiding.

New Business

Approval of August Board Meeting Minutes: Board unanimously approved.

UU Common Endowment Fund: The Board unanimously authorized Bob Beekman to oversee this fund.

Rev. Kate's Professional Expenses: The Board unanimously ratified an email vote to increase the minister's professional expenses in the 2016 draft budget.

Bridget Laflin: The board unanimously agreed to sponsor Bridget Laflin as a student in seminary.

Rev. Kate's Evaluation: the majority of the meeting was used to work on Rev. Kate's evaluation for 2015.

Side by Side: A Column from Mental Health Ministry

Guilt and shame can be confusing. One of the ways I keep them straight in my head is to remember that guilt is about what I do, it's about my behavior. Guilt can actually be helpful in that it lets us know we made a mistake we can hopefully learn from. We can apologize and make amends. It relates to a specific mistake or behavior. Hopefully, over time, we can learn to do things differently. Guilt doesn't say anything about who I am, just my behavior in that one incident. Shame on the other hand is about who we are. It's about our core identity. People who feel shame feel defective and broken. It's not about a specific behavior that caused harm, it's vague and indefinable, leaving the person feeling hopeless. There is nothing to be done except hide. Shame thrives on isolation and silence. One of the beautiful gifts of recovery is that we learn we aren't the only ones who struggle with issues of mental illness or addiction. Healing and even happiness is possible if we seek help.

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

Chris and Barbara serve on the district Addiction's Ministry Project or (AMP). AMP is hosting a conference October 10, 2015 in Olympia, WA. Please join us! To learn more, [click here](#) to go the district website.

The support group for Family and Friends of those with a lived experience of mental illness for October will be held in the conference room at church on October 26, 2015 from 6:30 to 8 p.m. You are invited!

Rev. Barbara Cornell

SUUC Service Project at Food Lifeline



Food Lifeline not only delivers food and supplies to 277 food banks and meal programs in western Washington, they are the primary source of research, data, and ideas on hunger issues. We do our part by helping in the food repacking program and would love to have you join us.

October Date: Tuesday October 20, 2015. The project begins promptly at 6 p.m. and ends at 8. (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 November 17, 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 or 206-235-3611 by phone or by text).

If you missed the Sept. 28 introductory session of the repeat of Shoreline's Economic Inequality Study/Action Series at University Unitarian Church, you can still join on October 5.

Sessions are scheduled for Monday evenings, 7 - 9 p.m., through Nov. 2, at the University Unitarian Church in the Knatvold Room. This series is open to anyone interested, but particularly to all area UUs wanting an informative, provocative, and energizing way of participating in the UUA's 2014-2018 Congregational Study/Action Issue on this topic. For details on the series, on the two books used, and on how to register your intention to attend, see this blog post

(<http://www.nwuujn.org/view/news/55bebf720cf28fc4cc4ccc96/?topic=5548de810cf2ab913fd7e70b>).



"Princess Angeline" film about Chief Seattle's daughter to be shown at Sno-King Meaningful Movies, Oct. 3

Learn the story of the Duwamish tribe and its on-going struggle to gain federal government recognition through this locally produced film about the life of Chief Seattle's daughter. Treaty promises broken, tribal recognition finally granted in 2001 by one administration only to be withdrawn by the next. A complex story told in a 53 minute documentary film by award-winning Seattle filmmakers Sandy and Yasu Osawa.

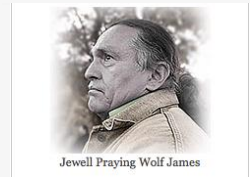
Follow-up discussion about the film and about the Duwamish Tribe's struggle for Federal recognition with filmmaker Sandy Osawa and Edie Loyer Nelson, Duwamish elder and member of Shoreline UUC.



Sat., October 3, 2015, 7 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.

Oct. 10 NW UU Justice Summit in Bellingham -- now with Oct. 9 NW Tribes Declaration Pre-Event



Plan to attend the Fifth Annual NW UU Justice Summit -- all day on Saturday, October 10, in Bellingham. The summit will address a full range of social justice issues, but Bellingham Unitarian Fellowship, as the host congregation, will showcase its alliance with the Lummi Tribe on several issues, particularly opposition to coal trains and the proposed coal terminal at Cherry Point. Information on the Summit is available on-line at <http://www.nwuujn.org/topics/view/552bf40focf2cf51fd0ec314/>. You can register at the door on the day of the summit, but it would be nice to give the Summit hosts advance notice by registering on-line at <http://www.nwuujn.org/topics/view/51cbfc9ef702fc2ba812fe11/>.

News flash: There is now an important summit "pre-event" on October 9 (7-9 p.m.) at the Bellingham church -- the presentation by Jewell Praying Wolf James, Lummi elder and Indian Rights scholar, and by Jessie Dye of Earth Ministry of a NW Tribes

Declaration: Participants will be asked to affirm the Declaration and will discuss supportive actions. No cost for this "pre-event," but space is limited and those interested are asked to pre-register on-line at <http://www.nwuujn.org/view/news/55e792410cf28fc4cc4cec4a/?topic=51cbfc62f702fc2ba812591d>.

If you need more information about either the Justice Summit or the NW Tribes Declaration event, or **if you are interested in carpooling** or sharing overnight lodging in Bellingham, contact Bob Beekman (206-527-7340, rlbeekman@gmail.com).

Community Announcements

Are you interested in learning more about Shoreline Unitarian Universalist Church?



A new member orientation will be held Saturday, October 10th, in the dome, from 9 a.m. to 12 noon, led by Reverend Kate. Snacks and beverages will be provided. Please contact the office or Rick Wilson (206-799-3054 or rickwilson7863@msn.com) if you would like to attend, and let us know if you need childcare.

Please join us Sunday October 18th, for an Ingathering ceremony as part of our Sunday service, welcoming new members and introducing them to our congregation.

Sunday, October 4, 10:30 a.m. Dr. Richard Gammon, Guest Speaker

In light of recent and disturbing news about climate change, Dr. Gammon will highlight reasons for modest optimism in this service. Consider the moral imperative: what can one person do? The U.S.? The global community? We will explore a process that involves gratitude, stages of grieving, getting from "what is" (the science) to "what ought to be" (ethical action in a critical time). Hope is not the same as optimism. How can you become a "climate warrior"?

Dr. Richard H. Gammon is Professor (Emeritus) of Chemistry and Oceanography, and Adjunct Professor (Emeritus) of Atmospheric Sciences at the University of Washington. He is a former Co-Director of the UW Program on the Environment (2004-2007). Dr. Gammon has taught undergraduate and graduate courses in chemistry, oceanography, atmospheric science, biogeochemical cycles, and climate change. He remains actively involved in improving the public understanding of the climate-change challenge.

Honoring Our Grief: a workshop for those grieving a sudden death through homicide,

suicide or accident.

This program will be led by Jean Berolzheimer, a chaplaincy candidate at Upaya Zen Center, who brings together her personal experience of grief and extensive study in this field. Jean will be supported by Judyth Weaver, an experienced psychotherapist trained in Gestalt and Somatic Experiencing. This is a weekend program that incorporates mindfulness practice, education about the process of grief related to sudden death, sharing our stories and developing a healing ritual. It is designed for people who are mourning the sudden loss of a loved one, no matter how long ago, especially those who feel haunted by the death in some way. The workshop will take place at SUUC on October 23-25, with a follow-up day to be determined by participants. There is no charge for this program. If you or anyone you know would like more information, please contact Jean at jeanberolz@gmail.com or 206-307-6674.

A Special Samhain For All



GreenSong CUUPS invites the congregation to join us in honoring this haunting time of year when the veil between worlds is thin. Whoever you are, whatever you believe, please mark your calendar for our Samhain labyrinth here at SUUC on the evening of Saturday, October 31. It is going to be a magical event of introspection and remembrance, and we hope you can find a gap in your trick-or-treating to join us. Feel free to bring light finger food if you wish for an after-ritual gathering.

Also, on Monday, October 12, we'll be hosting a Theology & Divination group discussion. If you have a favorite divinatory tool, bring it along!

Grounds Fall Clean Up

October 10, 2015, 9 a.m. to Noon



Let's clean up debris, fallen branches, etc. Pull/dig/cut English ivy, invasive blackberry, and bindweed (what some call morning glory) from wherever it is found on grounds. Those things are best composted offsite. Anyone interested in potting up Solomon's Seal? Leaves and fern fronds make excellent leaf-mold mulch and compost--let's keep as much of that on site as we can.

We have shovels, rakes, one wheel barrow. I have some spare gloves (small and medium). If you have a favorite tool, bring it.

Contact Laura wildweeder@gmail.com [helpful hint: put date (Oct. 10, 2015), grounds, or garden, in subject line] or call 206-605-2005.

I'd like to acknowledge and thank Bruce and Kristen Hunt for coming in during the week to do weeding, grounds work (especially by the statue), and helping to keep things beautiful. Also, thanks to Rick Wilson and his mom, Marion, for puttering in the gardens, Dave Duke for his lawn work and trucking debris to Shoreline transfer station, our SUUC Pagan group for almond tree care, and anyone else who has put in moments tending our plants and walkways. *Laura Westbrook*

Rental Host:

Would you like to help showcase SUUC by being a host for our rentals? You would also get to experience some amazing gatherings, from recitals, to weddings, to memorials, to presentations. And--you get paid to do it! Want to learn more? Contact Laurie in the office, office@shorelineuu.org.

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, October 17, 9-11 a.m. We will discuss the theme "journey" 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).

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.

October Calendar of Events

Thursday, October 1

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

7:30-9 p.m. Music Committee Meeting, Conference Room

Friday, October 2

12-2 p.m. Appreciating Elderhood, Sanctuary

Saturday, October 3

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

4-7 p.m. Chamber Music Group, Sanctuary

Sunday, October 4

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

Tuesday, October 6

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

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

Wednesday, October 7

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

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

7-9 p.m. Board Meeting, Sanctuary

Thursday, October 8

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

Saturday, October 10

9 a.m.-noon Grounds Work Party

9 a.m.-noon New Member Orientation, Sanctuary

Sunday, October 11

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

Monday, October 12

6:30-8:30 p.m. CUUPS Discussion, East Portable

7-8 p.m. Grounds Meeting, Chrysalis

Tuesday, October 13

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

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

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

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

Wednesday, October 14

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

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

Thursday, October 15

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

Friday, October 16

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

12-2 p.m. Appreciating Elderhood, Sanctuary

Saturday, October 17

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

Sunday, October 18

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

12-1 p.m. Family Potluck, Sanctuary

Tuesday, October 20

10 a.m. Soundings Copy Deadline

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, October 21

6:30-8:30 p.m. Potluck, Nursery
7-8:30 p.m. Worship Planning Committee, Conference Room

Thursday, October 22

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

Friday, October 23

5-9 p.m. Grief Workshop Group, Sanctuary

Saturday, October 24

9 a.m.-9 p.m. Grief Workshop Group, Sanctuary
9:30-11:30 a.m. Social Action Ministry Meeting, Conference Room

Sunday, October 25

10:30-11:45 a.m. Worship Service and Children's Activities, Sanctuary & Chrysalis
11:45 a.m. - 12:30 p.m. Pagan Group Check-In, Conference Room
1:30-8 p.m. Grief Workshop Group, Sanctuary

Monday, October 26

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

Tuesday, October 27

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

Wednesday, October 28

6:30-8 p.m. Potluck Supper, Nursery
7-9 p.m. Knitting Group, Conference Room

Thursday, October 29

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

Saturday, October 31

9:30-11:30 a.m. Committee on Ministry and Social Action Meeting, Sanctuary
7-8 p.m. Samhain Celebration, Sanctuary

Sunday Volunteer Schedule

October 4:

Nancy Curtis & Joan Brooks, Greeters
Homer Henderson & Anne Martin, Ushers

October 11:

Andy Landis & Megan Watson, Greeters
Ryan Dunne & Zoey Phillips, Ushers
Amanda Ray & Valerie Sammons, Baristas

October 18:

Bernice Ege-Zavala & Sharon Greenman, Greeters
Paul Borrmann & Shirley Beresford, Ushers
Rick Wilson & Juel Erickson, Baristas

October 25:

Sue Leisy & Carolyn Brenner, Greeters
Allison Leigh Lilly & Jeff Lilly, Ushers
