

Soundings



Newsletter of Shoreline Unitarian Universalist Church

From Our Minister

Dear Ones,

Suddenly it is autumn, and summer departs as the earth begins preparation for the winter's rest. I am enjoying the yellow leaves and crispness in the air. Fall, when school starts and our new church year launches, always feels more like the start of the new year than the actual New Year for me. It is a time of beginnings, when anything is possible. We release summer's warmth and sun, knowing that all of life is transition, one season to the next.



What is changing in your life as the leaves fall? What are you releasing? What will you choose to embrace this crisp autumn? When Jay and I lived in Boston we went apple picking in Concord, Massachusetts, where the Unitarian Henry David Thoreau lived. We often stopped at Walden Pond, where you can still see the foundation of Thoreau's cabin. One fall day there was enough of summer's residual warmth to swim in the pond, with the brightly-leaved trees all around the water in a colorful ring. The autumn brings to mind Thoreau's words:

"I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived. I did not wish to live what was not life, living is so dear; nor did I wish to practice resignation, unless it was quite necessary. I wanted to live deep and suck out all the marrow of life, to live so sturdily and Spartan-like as to put to rout all that was not life, to cut a broad swath and shave close, to drive life into a corner, and reduce it to its lowest terms."

This is why I am a church-going Unitarian Universalist- I want to live deep, without resignation, to learn whatever life has to teach me. I want to suck all the marrow from my time on this planet. Being in spiritual community reminds me to live deliberately. On Sundays I am reminded to turn away from what is superficial and not life. To worship- which means to remember that which is of worth. Being a part of Shoreline UU gives me

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a brighter, more intentional, more joyful life. Being with you reminds me of my values, of what is of worth. With you I remember that value is not in prestige but in fellowship. Joy is not in having money or things but in community service, in singing with you, in traveling life's road together.

Why do you attend Shoreline UU Church? What brings you back to a deliberate, deep, joyful life? As we begin the new church year together I am reminded of the talk our Director of Religious Exploration, Chris Pollina, gave to the youth about commitment. He reminds them that if they come to youth group every Sunday they will have deep friendships with each other. Their conversations together can then be more supportive and profound. Their spirituality will develop into a cornerstone of their life, something they can count on, that will help them make good decisions, keep them from experiencing an un-lived life. Or they can come less and have less of all those things. It is their choice, but commitment brings a sweetness that isn't found elsewhere.

SUUC is a special place, a sacred place, where you too can find a sweetness unique to being in a healthy, loving, open-minded spiritual community. If you come every Sunday your rewards will be that much greater. If you can join a small group like a chalice circle, or a circle supper group, sing in the choir, or volunteer to serve coffee after the service, so much deeper will be your bonds. Come and be known and loved.

This autumn let's cut a broad swath and shave close, recalling each Sunday what matters in this short but beautiful life. And if here you have found all the sweetness I have, perhaps you would like to increase your commitment by increasing your pledge. It takes material gifts to keep this community running. Sadly the electric company isn't embracing a Spartan-like life and forgiving our monthly bill.

Consider making a commitment to being here every Sunday this fall. It's a spiritual investment in yourself, time spent recalling how to truly live. May you suck all the marrow from your days.

A brief note that I am attending a class with the Center for Courage and Renewal, a Quaker Friends organization founded by author and theologian Parker Palmer, for three weeks in October and will be away. I will miss you! When I signed up for the class it was in northern Wisconsin, but not enough ministers registered, so they canceled it in order to hold the program in Spain! So I (lucky duck) am traveling to Spain to walk the northern route of the Camino de Santiago with my classmates during the day and have class time in

the evening. Then we will have a late dinner and discuss what we learned, before heading to bed in preparation to do it all again the next day. I will try to bring back a great deal of wisdom to share. Buen Camino (or good way/good journey)!

Love.
Rev. Kate

PS- To join a Chalice Circle (small, monthly groups exploring spirituality and fellowship) e-mail the brilliant Karen Thompson at karenmariet61@gmail.com

To Join a Circle Supper Group (monthly small-group dinners) e-mail the fantastic Celestine West at celestinewest190@gmail.com

To join the friendly family that is the Choir (even if you have no musical experience) e-mail the brilliant Susan Storer Clark at songsue30@gmail.com

To be a Coffee-Slinging Barista e-mail the stupendous Carrie Cameron at-

permitted2shine@gmail.com

To learn about the many, many other ways to be involved check out the Get Involved- Activities tab on our website at ShorelineUU.org

Rev. Kate

President's Message



Dear Friends,

It seems like we've clearly moved into fall weather! I always enjoy this time of year, although I will miss the warm sunny days.

Your board of trustees was busy in September. Working with our VP-finance (Ryan) we approved the draft budget for 2020. Working with the stewardship committee, we've been preparing for the stewardship drive and house meetings. The sign-ups for house meetings went well and by the time you read this, several of the meetings will have taken place. If you haven't yet signed up for a meeting and want to attend one, please email Jo Moore, at jottingjo@gmail.com.

The most pressing issue for the board right now is deciding what to do about our dome

roof. As I mentioned in last month's Soundings, we have found that the roof has been leaking for some time and there is water damage that will need to be repaired. We have a task force who is working on this project and the members are Carolyn Threadgill, Bruce Hunt, Ed Buzzell, Cal Spangler, and myself. At our informational session on Sept 29, we will have discussed this with you and given you time to get your questions answered. To summarize briefly, we've gotten several bids, ranging from about \$34,000 to \$64,000 to tear off and replace the roof with composition shingles. These bids do not include repairing the underlying damage though. We thus need to budget for repair of the sheeting and wooden structure under the sheeting wherever there is water damage. We also need to budget for new sheetrock in several places inside the sanctuary.

This is why we are looking at a total cost that might be as much as \$100,000. We were hoping to go forward with roofing and repair in October, but as I write this, it is looking like it's not possible to get everything lined up to make this happen. We don't want to open the roof during the rainy season, especially with so many unknowns about the repairs that will be needed. We have not found a contractor that we are completely comfortable with. And both Ed and I will be gone during parts of October. Based on all this, the board has decided to cover the roof to keep it from leaking any more this winter, and prepare to replace it and do the repairs in the dry season of 2020. We will keep you informed of our progress.

Another thing the board has been working on (in collaboration with the Congregational Life Committee) is a "re-boot" of our Committee on Ministry. At the December congregational meeting, you will see a revision of the bylaws governing the Committee on Ministry. The Committee on Ministry has basically four tasks: 1) Listen and respond to concerns related to the minister and other ministries of the church; 2) Develop and implement a process to periodically assess the work of the minister; 3) Assist members of the congregation in conflict resolution; 4) Assist committees and ministries of the church in improving their functioning, as needed. The members of the newly revitalized Committee on Ministry are: Stephanie Metting (chair); Sarah Dilling (secretary); Bruce Campbell, Jerald Forster, and Allison Boelter. Rev Kate also attends the Committee on Ministry meetings. If you have questions about Committee on Ministry, please email Stephanie Metting at steph.metting@gmail.com.

Finally, I wanted to let you know that I will be leaving town for several weeks in October. I'm going to Argentina with my significant other, John, and besides seeing Buenos Aires, we will be hiking and sightseeing in the northwest of the country in the Salta, Jujuy and

Mendoza regions. Susan Storer Clark (Board VP) will be acting as President during my absence so please let her know if you have questions or concerns (songsue30@gmail.com).

I will be checking email from Argentina (as much as I can), and you can always email me (Catherine_crain@comcast.net) or any member of the board.

With gratitude,

Catherine Crain

President, SUUC Board of Trustees

Treasurer's Report

By the time you read this the 2020 Stewardship Drive will be in full swing. There are some changes this year but if you've been around for a couple of them it will feel familiar.



It's been a busy summer and fall. Committees and staff were asked for their 2020 budget requests early in July and those came back in August. Using the information they provided, I put together the draft budget and presented it to the board early in September. We agreed on the content and began presenting it to the congregation in our pre-kickoff house meetings in September. There is also a copy on the bulletin board in the foyer. The budget assumes that we pay off the Verity loan as we discussed at the last two congregational meetings. Continuing on that course saves us approximately \$7,000 in debt service. If you'd like a copy of the budget let me know, I'd be happy to email one to you.

After everything was accounted for, the 2020 stewardship goal came in at \$239,400. This is \$15,500 more than the congregation approved 2019 draft budget, or a 7% increase. In case you're wondering, not paying off the Verity loan would boost this to around a 10% increase. The major increases are from the final increases in staff compensation (we've been working on these for more than four years), denominational dues, bookkeeping costs, and beginning to restore our reserve for major repairs. There are some other items that you've probably read about in the mailer. Most of these increases were anticipated

and discussed previously, but if you have questions please let me know.

Catherine has provided most of the details regarding the situation with our roof. I'll add that it has been very helpful (and will continue to be) to have our major repair reserve fund for the past couple of months. This fund made it easy to bring in a professional to advise us on the situation since the manufacturer that built the roof has shut down their business. This fund will also let us do temporary or urgent repairs this fall, if necessary. The 2020 budget includes a line to begin replenishing this reserve as it will be depleted by the repair work to come. There will be other major repairs in the future and having a reasonable amount of funds like these on hand empowers us to resolve issues that come up efficiently.

The major repair reserve will not cover the entirety of the roof repairs. We haven't settled on a particular contractor yet. Even when we do, we won't know the total cost until the work is finished because there are probably some areas that we'll discover that need additional repair when we take off the shingles and can see what's going on beneath. I've begun planning for up to \$100,000 for the full repair and temporary cover. With an expense this large it's important to not just think about one number, especially when it could vary so significantly, but also the rest of our financial position including our other debt.

I've put together a plan based on a three-year planning horizon that would completely pay for the roof and also pay off the short-term Davis loans. It seems very likely that we'll also need to borrow some money and that the least costly way to do that is with member loans. There was a major change in plans for the roof just within the last week so I don't think it's a good idea to get too far into the details just yet, but I will say we can offer a 2.5% interest rate (just like our other short term loans) and we're looking at durations of one to four years. We are, of course, very interested in capital contributions as well. We'll think more about whether we want to have a formal capital campaign. Please let me know ASAP if you're interested in donating funds towards the roof or offering a loan. Thank you to those of you who have already reached out. We won't need the funds right away, but we do need to know what we can count on (probably in the spring). I want to talk more about this 3-year plan with you throughout October and November as I'm able to bring it into focus.

Back to the Stewardship drive. By the time you read this you should still have time to get into a house meeting. Please do, we have a lot to talk about and we want to hear your questions and opinions! This is the time in our budgeting process where it is critical to get feedback on the draft budget. At our services you'll soon begin hearing from fellow

congregants about why they attend and support SUUC. We'll also be setting up a table to collect pledge forms in the foyer. You can also mail them in, but we need them back by *October 27th*, so I have a chance to put together a proposed final budget for the November board meeting. Help me out! I don't want to call and email, but I will 😊

Thanks to all the people helping this year with the stewardship drive: Kate for her passionate sermon on September 22nd and Brandon for his hard work behind the scenes. This couldn't have happened without our wranglers Jo Moore, Susan Storer Clark and Lily Eakin, and all of the hosting house meeting hosts. Last but not least, thank you to the 2020 Stewardship team: Paul Borrman, Earl Davis, Marley Banker and Matt McGee. Please take the time to thank these generous people if you get the chance.

Kind regards,

Ryan Dunne

Treasurer, SUUC Board of Trustees

Director Of Religious Exploration



Greetings, everyone. I hope that you are all staying warm and dry as we slide into fall; while it's always a bit sad to see the sun less often, it is wonderful to be seeing all of *you* more! Speaking of which, our first day of classes on September 15 had a great turnout, with over 40 kids and youth across our five Religious Exploration classes.

Speaking of the children's classes, I'd love to share a little bit about what they are all getting up to this year. The K-2nd class are using a new curriculum this year called Wonderful Welcome that offers a more varied array of activities; in the first few sessions, they've sung new songs together, made shadow puppets to explore the idea of intangible gifts, and drawn on themed coloring sheets that depict the story for the day. The 3rd-5th grade class is engaging with a curriculum which associates different virtuous qualities Unitarian Universalists try to develop with various tools so that over the course of the year they can stock up their own "Toolbox of Faith" – the title of the curriculum. They've already put a ruler (which represents covenant / the development of a shared set of "rules" with others)

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and a magnifying glass (which represents questioning) into their metaphorical toolboxes. The 6th-8th grade group is using a curriculum called “Riddle and Mystery in which they ask some big questions, starting with the famous triptych of big questions from painter Paul Gauguin, “Where do we come from? Who are we? Where are we going?” You’ll be seeing some videos from this group in upcoming church services – be on the lookout! The youth group is covering a wide variety of topics from climate change, to how we keep our promises (or fail to keep our promises) to each other, to media literacy.

Our first **monthly Family Event Night** was a success with about 25 folks in attendance. Our next gathering will be on Sunday, October 6 from 5-7:30pm in the Davis Building. There’ll be an approximately 30 minute chunk of time to explore the theme of changes and transitions in our lives, how we feel about them, and some tools for dealing with them. After this, there will be a good stretch of time to talk, play, enjoy each other’s company over a dinner prepared by our wonderful Kate Beck! If you’d like to help with set-up, clean-up, providing food, or planning the theme / programmed time for the evening, let me know – many hands will make the work easy and fun!

Lastly, the board of trustees has recently approved my request to take an 8 week sabbatical starting in April of 2020. This November will mark a decade spent working at Shoreline UU Church and I thought it would be good to take some time out to step back from the routines I’ve been embroiled in for the past 10 years without any break longer than two weeks. During the time I’ll be working on things that relate to the larger UU sphere outside of our church. One of the things I’m most excited about doing is creating a new model of workshops for religious educators locally (and hopefully nationally) that are based less around general theories of how religious education *could* look and instead emphasize the real “bright spots” of success that are already present in existing religious exploration programs. My normal work week doesn’t afford me the opportunity to do the research, planning, interviews, and other work needed to pull off a project such as this and I’m very grateful that I’ll be able to contribute to the professional development of other DREs as well as lifting up the wonderful religious educators in our area!

While the time period during which I’ll be taking this sabbatical was chosen to be the easiest 8 weeks in the year for other folks to cover in my absence, it will still be a considerable project to prepare for this time. In the coming months I’ll be talking to several people – perhaps you! – about creating a team to prepare for and keep the RE program on track during this period of time. I’m excited to see what happens in my absence and to come back to the church renewed and with a fresh perspective on our RE program! See 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. This month the book, *Chasing The Scream: the first and last days of the war on drugs* by Johann Hari is our focus. In this controversial and interesting book, Hari tells the history of the war on drugs from its beginning in the Harrison Narcotics Tax Act passed in December of 1914 in the US (the world's first drug control legislation) to the present. He describes the lives and times of the early figures in this singularly misbegotten war and interviews many of the current figures from all aspects of the drug war. His clarity about the utter pointlessness of this war is helpful. The connection between the war on drugs from the very beginning and racism is mind boggling (fear of minorities on drugs killing white people). He tells the story of a nation, Portugal, that went in another more enlightened, compassionate direction and in the year 2000 poured all the funds they were spending on arresting, trying and imprisoning addicts to treatment and supporting addicts in new lives and today, just to pick one drug cannabis, the lifetime prevalence of use in Portugal (15 to 64 yr olds) is the lowest in Europe. Interestingly, there was not a surge of police contact and court cases with drug users after decriminalization.

All very interesting and helpful so, what's the controversy? In his earlier writing career, he was accurately accused of plagiarism. For this book, he created a website <http://chasingthescream.com> that has recordings listed chapter by chapter for each interview so you can hear what the subject had to say for yourself. A section of the website is devoted to errors made and corrected. Wow! The information in this book is sometimes very difficult to read, but always helpful to understanding of how we got to this horrifyingly dehumanizing place in our national drug policy. Highly recommended.

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 October on the fourth Monday, October 28, 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

On Joys & Sorrows

Dear ones,

last month the worship committee and I decided to move the Joys and Sorrows ritual to after the worship service. Since then I have heard from both people happy with the change and those that are not. I want to share with you our reasoning behind the decision, and invite you into new ways of building friendships and community.

- Joys and Sorrows isn't relational. A person shares a few sentences about their life, and then they sit down. Unlike in a conversation there is no immediate response. It is like posting on Facebook, without the option of people leaving comments. During coffee hour people may or may not bring up the sharing with speakers. Over the years I have heard from congregants, especially newer people, who have shared something personal during Joys and Sorrows. They have made themselves vulnerable. Then they go to coffee hour and feel they are being avoided. No one talks to them about their sharing and they feel they have done something wrong.

In this stressful time in our nation we need real relationships, based on mutual sharing. Deep friendships aren't built from hearing a person speak during Joys and Sorrows, but from getting to know them during coffee hour, in a chalice circle, or in one of our other small-group settings. Just like posting a message on Facebook isn't as bonding as a conversation, Joys and Sorrows doesn't build real friendships.

- We don't hear from the diversity of people in our congregation. During Joys and Sorrows the same fifteen or so people share again and again. They are all long-time members who are well-loved and hold (or previously held) significant leadership positions. They are wonderful people. And they don't represent the whole congregation.

Consider that we frequently hear about college class reunions, international travel, and the career successes of sharers' adult children. But rarely do we hear from seniors who are struggling to pay their rent, members who are struggling with addiction, or a person who just got fired. I hear from those people outside the service, as does the pastoral care team. They do exist. But during Joys and Sorrows we hear mostly from educated people who are doing well financially. I don't begrudge them their success. I am happy for them. But hearing from just the successful folks during Joys and Sorrows sends everyone else a message about who belongs in our congregation. If you were a visitor who wasn't college-educated, who didn't take exotic vacations, what would you make of Joys and Sorrows? How would it feel to have a burden on your heart and feel like it was too embarrassing to share?

Lots of people aren't going to participate. Shy people aren't going to share during Joys and Sorrows. For them, posting on a bulletin board is much more accessible. Perhaps an introvert would feel more comfortable sharing at Joys and Sorrows after the service, when the crowd is smaller. But asking people to stand up in front of the 165 people gathered for worship is going to exclude the majority of adults, who fear public speaking.

- Joys and Sorrows isn't worshipful. We come together every Sunday, getting up earlier than we would otherwise, skipping brunch with friends, to remember what really matters in life. To recall that which is bigger than us. That which unites us. We come to nurture our spirit and celebrate unity in

a culture obsessed with individuality. Does Joys and Sorrows further that mission? No, it reinforces the primacy of the individual.

Again and again the UUA finds that Joys and Sorrows is the biggest reason visitors don't return to congregations. The ritual feels insider-y and inappropriate for a worship service. If it was your first Sunday, would you be glad you skipped sleeping in so that you could hear about a stranger's vacation? If your soul was longing for deeper meaning would you find it in listening to Joys and Sorrows?

Joys and Sorrows has been a difficult part of the worship service for me since I began at SUUC in 2012. It is an open-mic in a room with visitors we don't know. People have gotten up and said inappropriate things. People have shared confidential information about another congregant they weren't supposed to disclose. People have complained about me. People over-share information that is disturbing or triggering to traumatized people. It is a free-for-all of sharing, with a member celebrating a cancer-free diagnosis right before a member shares a worry that her neighbor's cat is getting too thin. And that isn't including the people struggling with mental illness and dementia who get up and rant without a sense of when to stop or if they are making sense.

We have come to a time in our congregational life when the ritual of Joys and Sorrows is best shared after the service. Please know that an immense amount of energy and discussion went into discerning this change. The worship committee and I have spent meeting after meeting trying to make Joys and Sorrows work, to no avail. I greatly appreciate the time and effort worship committee puts into our Sunday morning experience and ask that we are all respectful in giving them feedback about that vital work.

There are many ways to build friendships and community at SUUC. Here are a few to consider:

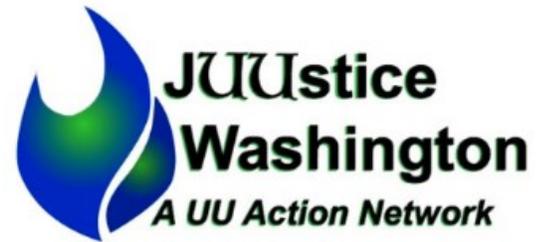
- Join a Chalice Circle. Chalice Circles are small groups of eight or so people who meet monthly to discuss a theological topic. The gathering starts with check-in and the participants get to know each other well.
- Attend the Support Group for Being Human- this monthly drop-in group is led by Rev. Amanda and gathers next on October 13th. The time begins with a check-in and then discussion.
- Mental Health Ministry- Join the Family and Friends support group, for people whose lives have been touched by mental illness (their own, a family member's, or a friend's). Led by Rev. Barbara and Chris Poole, the group meets on the fourth Monday of the month from 6:30-8:30.
- Plan a Neighborhood Group gathering- talk to your neighborhood captain about organizing a game night, movie night, touch football game, or crafting afternoon. E-mail the church office to find out who your captain is.
- Come to Game Night, Book Group, Men's Group, Women's Group, Choir, Bridge, or any of the other community-building gatherings offered monthly. Check out all the options on our church website, Shoreline UU.org under the Activities tab.

I am glad to be in spiritual community with you and know we will weather this change together.

Warmly,
Rev. Kate

Community Announcements

ON-LINE REGISTRATION STILL OPEN -- 9th ANNUAL STATE UU JUSTICE SUMMIT AT OLYMPIA UUC ON OCT. 12.



October 12 is the annual fall summit meeting of JUUSTICE Washington (juustwa.org), the statewide organization for UU social justice advocates and activists. This year's summit is being hosted by the Olympia UU Congregation, 2315 Division St. NW, Olympia, WA 98502. See a map with directions on that church's Facebook page ([https://www.facebook.com/pg/OlympiaUUC/about/?ref=page internal](https://www.facebook.com/pg/OlympiaUUC/about/?ref=page_internal)) The theme of this year's summit is "*Navigating Intersectionality*." You can check out the current status of the program on-line here: <https://juustwa.org/program-areas/conferences/summit19/program-schedule-2019/> You can register at the door on October 12 or you can pre-register on-line here: https://salsa4.salsalabs.com/o/51510/c/308/p/salsa/event/common/public/?event_KEY=11552 SUUC's Social Action Ministry is a JUUSTICE Washington member and a sponsor of this year's Summit. Please, all who plan on attending contact Bob Beekman (rlbeekman@gmail.com , 206-527-7340) so that he may put you in contact with each other for car pooling possibilities.

The October 13th Plate Share recipient will be D.A.W.N, Domestic Abuse Women's Network.

From their website-

DAWN protects women and children from domestic abuse, providing shelter, support and empowerment so they can build secure and happy lives. We lead our community toward the vision of a violence-free future by sharing our expertise and educating people to recognize, respond to and prevent violence. Together, with the support of our generous donors and dedicated volunteers, we build a safer place to live for us all.

Our September donation to W.A.M.I totaled \$633.75. Thank you for your generosity.

Community Announcements

Keep us out of "Perkatory" - be a barista!

Sign up **HERE**: <http://tinyurl.com/suuc-coffee>

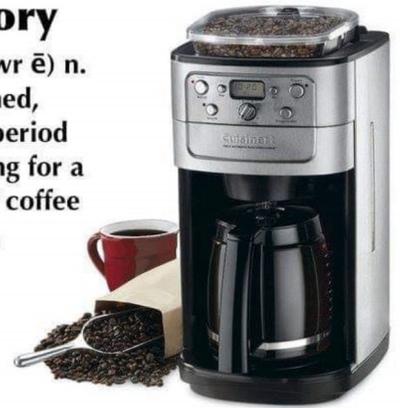
Details: <https://tinyurl.com/barista-job>

Contact: Carrie Cameron /

permitted2shine@gmail.com / 425.773.1776

Perkatory

(pur kah tawr ē) n.
The anguished,
prolonged period
spent waiting for a
fresh pot of coffee
to be ready.



Shoreline UU Men's Group

The men's group will meet for breakfast at the Wedgwood Broiler, 8230 35th Ave NE, on Saturday, October 19, 9-11 a.m. 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.

Chancel Musicians

Calling all musicians to be part of our chancel musicians' team, whether you're a singer or play an instrument. Generally we need musicians for alternate Sundays when the choir is not singing. You don't have to do it alone. Form a group or coordinate others for a service or even more than one Sunday. Music is needed before the service and during as part of our meditation and during the offering. It's a very safe place to try out your performance skills.

If you already know what dates you want email Sharon Greenman at skgreenman@yahoo.com or see her before or after a service (or choir on music committee nights). Some of you may have access to the master calendar so you can also go there directly.

Pub Theology, a spirited social group for adults under 50

meets this year on: Oct. 26 (Saturday), Nov. 29 (Friday), Dec. 20 (Friday), Jan 31 (Friday), Feb 28 (Friday), Mar 27 (Friday), Apr 17 (Friday), and May 29 (Friday). All at 7PM, locations TBA. Newcomers welcome.

Community Announcements

Drop in Small Group for Being Human

This is a unique small group ministry opportunity for one and all to experience the lovely depth of connection that is small group ministry. “Drop in”, because life is busy or perhaps none of the other small group times work for you! We’ve been meeting together since last fall and have a lovely ritual that guides our time together. As the fall begins, it is time we re-evaluate our willingness to continue this group. Shall we continue to meet this year or not?

We always meet on the second Sunday of the month. As Rev. Barbara is out of town Oct. 13, Kristina Selset a regular participant will be there. We meet from Noon to 1 in the Rev. Olympia Brown room. You are invited to join us. Any questions, comments or concerns, please contact Rev. Barbara Cornell uubcornell@gmail.com.

Sermon Topic Oct. 20: Embracing Liminal Space

Liminal space is that time between ‘what was’ to ‘what’s next.’ These threshold times are characterized by waiting and not knowing what comes next. They are everywhere in life and inevitable. By learning more about liminal space and by being able to identify that we are indeed in a liminal space (when we are in one) can make it easier and less stressful. If change is inevitable and it is, than learning to embrace these threshold times in our lives will help us.

Winter Retreat w/ Rev. Kate at Seabeck Dec. 28- Jan 1

Join UUs from across the PNW in a Elliot Institute retreat at Seabeck on the Hood Canal. Folk singer and activist the Rev. Fred Small will lead us in the program Give Light: Spiritual Nurture for Climate Activism. Expect lots of all-ages singing, relaxing around the fireplace, board games, and unplugged nature time. Rev. Kate will be serving as chaplain. Have a cozy New Year’s Eve with us! <https://www.eliotinstitute.org/calendar/9080-winter-eliot-2019-give-light-spiritual-nurture-for-climate-activism-with-rev-fred-small/> \$410 adults (more for private bath, less for kids), lots of scholarships through Elliot and SUUC available, talk to Rev. Kate.

October Worship Services

Sunday, October 6, 10:30 a.m.: “Life at the Edge”
Rev. Carmen TenEyck McDowell

Sunday, October 13, 10:30 a.m.: “Hopepunk: Essential Tales of Optimism”
Rev. Amanda Aikman

Sunday, October 20, 10:30 a.m.: “Embracing Liminal Space”
Rev. Barbara Cornell

Sunday, October 27, 10:30 a.m.: “Day of Remembrance”
Rev. Kate Landis



Shoreline Unitarian Universalist Church

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2019 Board of Trustees:

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

Rev. Kate Landis, Minister	(W) 206-363-7994 minister@shorelineuu.org
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Calendar available online at <http://www.shorelineuu.org/calendar.html>



"If Dogs Run Free"

by Bob Dylan

*If dogs run free, then why not we
Across the swooping plain?
My ears hear a symphony
Of two mules, trains and rain
The best is always yet to come
That's what they explain to me
Just do your thing, you'll be king
If dogs run free*



*If dogs run free, why not me
Across the swamp of time?
My mind weaves a symphony
And tapestry of rhyme
Oh, winds which rush my tale to thee
So it may flow and be
To each his own, it's all unknown
If dogs run free*



*If dogs run free, then what must be
Must be, and that is all
True love can make a blade of grass
Stand up straight and tall
In harmony with the cosmic sea
True love needs no company
It can cure the soul, it can make it whole
If dogs run free*

