

Soundings



Newsletter of Shoreline Unitarian Universalist Church

From Our Minister

Dear Ones,

I work in a beehive. Can you hear the pleasant buzz of a happy community? As I begin my eighth year with Shoreline UU I am grateful for the passionate lay leaders making honey in our busy congregation. Every day of the week there are people at SUUC pruning trees, repairing this or that, refreshing the paint, cutting the grass. Sweet souls are here planning worship services, musical offerings, theatrical productions, children's programs, and social justice actions. The Board of Trustees is well-managing the business of the congregation, while Endowments makes sure our money is doing good work in the world as well as earning interest, and the Committee on Ministry considers how we can best minister to each other and our world. It takes all of us to make the sweetness we enjoy at SUUC. I am so glad to labor alongside you.



There is much sweetness to look forward to this fall. Once a month we will enjoy Family Night at SUUC. The first gathering will be September 8th, from 5-7:30. The format is laid-back and intergenerational. We will gather around 5, spend some time discussing a topic of interest to both adults and kids, share a meal, and then have time to play or socialize. The meal will be provided (with an option for donating with cash or card) so you can come, relax, and learn from people of all ages. Anyone is welcome to attend, not just people with children- we want this to be a time for us to get to know each other better, regardless of age and family situation. The "Family" in Family Night means your SUUC family.

For our first gathering we will be discussing money- how do you create a budget that honors your values and meets your needs? How to kids and adults figure out how much to spend on what? How do we talk about money in our lives? How do we decide our financial priorities? Why is it so weird to talk about money? Together we will do a lighthearted budgeting exercise and think about the different ways people can use their personal funds. Join Kate and Veronica Beck, DRE Chris Pollina, and I on Sunday, 9/8 at 5PM for dinner and fun!

I am also excited that a grant I wrote for the UU Partner Church Council was awarded

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\$10,000! This greatly lowers the cost for a **youth trip, led by me, to Transylvania** next summer. Transylvania, a beautiful region of Romania, is a historically important place for UUs and the Unitarian faith thrives in its picture-perfect small villages and the cosmopolitan capitol city. A group of fifteen youth from across the US and Canada will be selected to spend two weeks abroad, visiting Unitarian sites and spending a week at summer camp with Transylvanian Unitarian youth. Dates are July 24-August 2, 2020. High school-aged youth apply now at: <https://uupcc.org/july-2020-international-youth-pilgrimage-and-camp.> **Deadline is September 22!**



I'm glad we are in this spiritual community together. Thank you for buzzing about, making this a wonderful place. Ahead is another terrific year at SUUC!

Love,

Rev. Kate

President's Message

Dear Friends,

Our board meeting was postponed until Aug 20, so we will not have time to get the minutes into September Soundings. Your board of trustees is working on two major issues right now. First is the stewardship drive and the draft budget for 2020. The second issue is our investigation into the problems with the sanctuary dome roof.

I'm going to use this president's message to update you on the dome roof. As you probably have noticed, there are several cracks and bubbles on the walls of the sanctuary. There is one crack in particular (in the back of the sanctuary, nearest the Davis building) that is quite large and getting larger. All this suggests that there are some moisture problems in our ceiling perhaps coming from leaks in the roof. Because Geodesic domes are not that common, we decided to find an expert to give us some advice. We hired Duane Morse, from Saratoga, California, who was recommended very highly as one of the best people in the country when it comes to dome construction and roofing. He was here on Aug 13 and 14th and has written us a report with his findings.



Let me first give you some background on our dome. It was constructed in 2002-2003 by Oregon Dome Company and originally roofed by Silverside Roofing. Unfortunately, both these companies have gone out of business. Our dome is constructed with 110 wooden triangles, covered with oriented strand board (like particle board) on the outside, and insulated with fiberglass batting. If you are interested to know more about our dome's construction, I'm happy to share more with you.

I've learned that Geodesic domes have the advantage of being very strong as well as enclosing the maximum area for their size, so feeling very expansive inside. Some disadvantages of domes is that they are relatively rare and thus, their construction is not very standardized and there aren't many contractors who know how to work on them. Also, I have learned, they are difficult to roof because of all the angles. We have had one repair of the roof already, a few years ago. At that time, some water damage was found in the structure, this damage was repaired and a temporary patch was put on the roof (you'll notice it near the doorway to the Davis building).

Our expert, Duane, came and spent hours with Cal, Ryan and myself, looking at the plans, walking on the roof and drilling some holes inside, so we could find out what is going on. The good news is that the dome's structure appears to be intact without evidence of serious damage. The bad news is that the roof is leaking somewhere, probably in more than one place, and it's almost impossible to know exactly where, because there is an impermeable plastic membrane behind the interior sheet rock. That plastic is keeping the water out of the sanctuary, but possibly keeping it in the structure of the dome. Duane recommends reroofing the dome as soon as possible, to get the dome water tight to protect our structure. When we tear off the shingles, we can then replace the sheeting that is wet and repair any structural pieces if needed at that time. Finally, once the dome is re-roofed, we can repair the interior cracks. It may be possible to do some patching this year, and replace the entire roof next year, but we need more information to inform that decision.

We are currently getting bids from some roofers and trying to get more information about costs and timelines. We will update you in the ebulletin as soon as we know more details. And we will be discussing all this at the next board meeting on September 3 as well as at our house meetings in the fall.

Please let me know if you have any questions or concerns. You can email me (Catherine_crain@comcast.net) or any member of the board.

With gratitude,

Catherine Crain

President, SUUC Board of Trustees

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, *Clean: overcoming addiction and ending America's greatest tragedy* by David Sheff is our focus for this month. Mr. Sheff is a journalist and author of the book, *Beautiful Boy*: a father's journey through his son's addiction. There is a decent movie of this book available. While *Beautiful Boy* is a personal story about David and his son Nic (a meth addict), *Clean* uses research into medicine, neuroscience and psychology to help the reader learn more about addiction, evidence based treatments and policy recommendations based on the reality of the disease, instead of our fears or judgements. The authors own words are very clear on the most important point about addiction:

He states: "Once and for all, people must understand that addiction is a disease. It's critical if we're going to effectively prevent and treat addiction. Accepting that addiction is an illness will transform our approach to public policy, research, insurance, and criminality; it will change how we feel about addicts, and how they feel about themselves. There's another essential reason why we must understand that addiction is an illness and not just bad behavior: We punish behavior. We treat illness." p. 88

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 September on the fourth Monday, September 23, 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

From Rev. Amanda Aikman

A spiritual companion

"Hope is the capacity to work for something, simply because it is good, desirable, or worthy — and not because we have a fairly good chance of succeeding. The more desperate the situation in which we demonstrate hope, the more forbidding the circumstances, the greater the odds against things turning out well, the deeper the hope. The more hopeless the present may appear to be, the more ardent our hope for something better."



"Hope is the serene conviction that something makes sense, that it's worth it, regardless of how it might turn out." — Michael Downey

Dear SUUC Friends,

I write this at my most hopeless-feeling time of year -- late August.

When the sun's angle changes around August 17, my heart sinks and everything feels useless for a time. I've been around for enough seasons now to know that it will pass after a week or so. But when I'm in the middle of it, I feel quite despondent.

Does something like that happen for you at a particular time of year? Perhaps a sad memory associated with that season, or just the angle of the shadows, sets off a gloomy mind-set.

At times like that, do make use of your faith community. We are here for each other. Don't let pride or fear stand in your way of recognizing that most of us understand the vagaries of human existence and are sympathetic listeners. If you're like me, even a short conversation with an empathetic comrade can make a world of difference.

I encourage you to reach out and ask for what you need.

Wishing you a hopeful heart as we turn towards autumn.

Faithfully, Amanda

(Please contact me via my website, www.revamanda.com, if you'd like to explore spiritual companioning.)

Rev. Amanda Aikman, Affiliated Community Minister

Director Of Religious Exploration

Greetings! I hope that the summer has given you and your families a chance to relax, recharge, and spend quality time with loved ones. And if it hasn't provided you with those things or you don't like the sun or whatever, I hope that the return to routines that comes with start of fall is a welcome change of pace.



In comparison to the fun but relatively low key summer in the children's wing of the church, September will be pretty jam packed with fun and meaningful offerings at church for children, youth, and families. On the morning of September 8, we'll be having our annual Gathering of the Waters all-ages service. The focal point of this service is a ritual in which each person, young or old, pours a small amount of water from a meaningful place they've been in the summer months into a common vessel to symbolize our community re-gathering at the end of the season. This water needn't be from an exotic, far-away locale – if your most meaningful time during the summer was close to home (or even at home) that's just fine. If you forgot your water at home (or if you forgot it way back in sunny Acapulco) we'll have some "magic water" which can stand in for your special water. The collected water, which represents our joining together in community, will be sterilized and used in various other church rituals during the coming year.

Later on this evening, there will be the first monthly Family Event Night. This event, which is led primarily by two families from our congregation with support from Rev. Kate and myself, will take place from 5-7:30pm in the Threadgill Hall. We'll have a dinner there for you, as well as childcare for the littler ones, though we encourage older kids to hang out as the night is designed to be a meaningful experience for kids and adults. The topic this month is money. How do you feel about it? How do you talk about money as a family (or, perhaps, "do you talk about money as a family?") What do the choices we make with our money say about our values? We'll start the night with some food for thought on money, a short activity which will help us explore this in small, multi-age groups, and then have dinner. If you want to make a small donation for the food / childcare it would be welcome but is not necessary.

The next Sunday, September 15, is the first day of Religious Exploration classes! We've got a great crew of teachers, with great curricula from the UUA's Tapestry of Faith series, and I'm really looking forward to getting the kids back into smaller groups so that they can explore faith with their peers who are nearest to them developmentally. While it's great to have all ages groups, it can be difficult to provide a Sunday program that is accessible to Kindergarten age children as well as having substantial depth for a seventh grader. While it's not 100% confirmed yet, it is likely that the SUUC Climate Action Team will be gathering after church to discuss the various projects the group has decided to work on – if you'd like to come see what the group is up to and join in the fun, you are more than welcome! Please check my emails as well as the church calendar closer to this date to confirm.

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Speaking of "Climate Action," there's going to be another worldwide Youth Climate Action Strike on September 20, and it's likely to be the largest one yet. The event, which will start at 9am at Cal Anderson Park in Capitol Hill followed by a march from noon-1pm, is one I'm hoping a lot of SUUC members will be able to attend. I know getting the day off work can be very difficult for some – if your kid would like to attend, I would like to help make this happen! I'm envisioning a "Climate Action day camp" where you can drop your kiddo off at 8am and pick up around 4pm. If you'd like to help make this happen, please get in touch!

There's more than this to tell, but I'm just about out of space! I hope you are all doing well and look forward to seeing you on a Sunday soon,

Chris Pollina
shorelinedre@gmail.com

Community Announcements

Quilt and chat with SUUC women while we make a "cathderal window" quilt square.

Prepared kit and patient instructors led by Kristen Hunt, Kate Whilhelm, and Jackie Lamont. Saturday, Sept. 7, 2019, Threadgill Hall, 10am-12noon. Please bring a snack to share.

Shoreline UU Men's Group

The men's group will meet for breakfast at the Wedgwood Broiler, 8230 35th Ave NE, on Saturday, September 21, 9-11 a.m. The discussion topic at this meeting will be "friends". 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.

New family group! 1st meeting Sunday 9/8, from 5-7:30 pm in Threadgill Hall.

1st Sunday every month after that. Join us for a catered dinner, connection time with other SUUC families, and discussions on topics ranging from how we handle budgeting to what our values are and how we live them. Childcare for infants and toddlers provided. Call Kate Beck at (206) 898-7100 with any questions.

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Community Announcements

SUUC EVENING BOOK GROUP MEETING SEPTEMBER 4

"The owl of Minerva flies at dusk."



The Evening Book Group (aka "The Owls of Minerva") will discuss the novel *Go, Went Gone* by Jenny Erpenbeck on Wednesday, September 4, from 7:00 to 8:30 p.m. in the Brown Room, in the Davis Building. Although the book is set in Berlin and tells about a newly retired Classics professor who becomes involved with African refugees from the Libyan war at a protest encampment on Alexanderplatz, the relevance to current events in the U.S. and on its borders is obvious. This is a wonderful novel that you will find to be a real page turner. Judi Kalitzki will facilitate our discussion.

Looking ahead a month, our book selection for the October 2 meeting is another novel -- *The Heart Is a Muscle the Size of a Fist* by Sunil Yapa -- about the 1999 Seattle WTO protests, sometimes referred to as the Battle of Seattle. For those who weren't yet present -- or conscious of public events -- in Seattle in 1999 -- or who may have already forgotten, read this Wikipedia article as background: https://en.wikipedia.org/wiki/1999_Seattle_WTO_protests

Anyone is welcome to join our monthly book group discussions. You don't have to have finished reading the book to come to the discussion. Need more information? Contact Bob, (206) 527-7340, rlbeekman@gmail.com.

tenney@earthlink.net) or Bob Beekman (206-527-8340, rlbeekman@gmail.com).

On September 8, our Plate Share recipient will be NAMI Greater Seattle.

NAMI addresses unmet mental health needs within our community— through support, referral, education and research.

Community Announcements

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

The first annual fall summit for Washington State UU social justice advocates and activists since the Northwest UU Justice Network (NWUUJN) and the Washington UU Voices for Justice merged last year as JUUSTice Washington (juustwa.org) will be on Saturday, Oct. 12, at the Olympia UU Congregation, 2315 Division St. NW, Olympia, WA 98502. The theme of this year's summit is "Navigating Intersectionality." Check out the program on-line here: <https://juustwa.org/program-areas/conferences/summit19/program-schedule-2019/> Then 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; so let's get a contingent of members to go.

Could this be your year to join the choir?

Do you love to sing, and like hanging out with other people who love to sing, too? Then you'll have a great time singing with our choir, a non-auditioned group that enriches our worship services and tackles some challenging music together. Choir practice is every Thursday, 6:30-8 pm, in the sanctuary. First rehearsal is Thursday, September 5, and we have a choir retreat on Saturday, September 14, from noon-3pm at church. New members are welcome at both.

We'll be singing Fauré's Requiem in the spring of 2020, teaming up with the Edmonds UUC both at our church and theirs. We're looking forward to great music for the winter holidays, and to wearing our new jazzy stoles! Think you might join us? Contact Choir Director Wil Sederholm, wilholm@msn.com. Or just show up!

Greeter Meeting September 8th

All greeters and sub greeters please attend a get together to talk about greeting. It is important we gather once in a while to check in on how we are feeling about this very important gift you give to SUUC. The date is Sept 8 at 9:00 am before church in the Brown Room at the Davis Bldg.

Community Announcements

SUUC Family Nights start September 8th

Please join us as we come together to socialize, connect, and learn from each other. (And eat good food -- provided! Not a potluck!)

Goals for our group:

- Form deeper connections with other SUUC families
- Provide a format and starting point for talking with each other and our kids about potentially challenging topics such as our values as UU's, money and budgets, death and dying, family traditions, etc.
- Come to a better understanding through discussion and sharing about how UU principles can and already do inform and support our lives.

We'll meet monthly on the first Sunday of each month from 5 - 7:30. (Our first meeting will be on the second Sunday because of Labor Day weekend.)

5-5:15. Arrive, settle in.

5:15-5:45 or 6: Small group discussions about the topic of the month.

6-6:30. Buffet dinner provided.

6:30 - 7. Socialize.

7-7:30. Wrap up.

Childcare available.

Here's our Facebook page: <https://www.facebook.com/groups/SUUCFamily/>

Our first event will be September 8th and then every first Sunday thereafter

We will provide dinner – rsvp appreciated

Each month we will have a different topic

Contact: Kate Beck- kate@katebeck.com 206.898.7100

Community Announcements

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

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

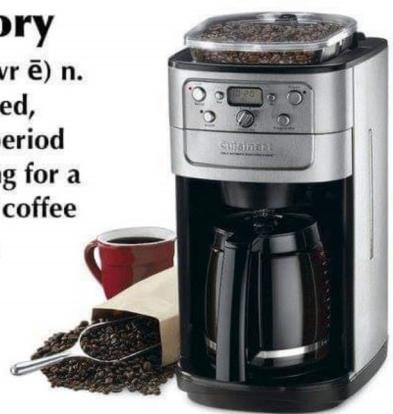
Details: <https://tinyurl.com/barista-job>

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.



Drop in Small Group for Being Human

This is a unique small group ministry opportunity for one and all to experience the wonder that is small group ministry. "Drop in", because life is busy or none of the other small group times work for you! We've been meeting since last fall and have established a lovely ritual that guides our time together. We decided to keep meeting on a month by month basis over the summer. We always meet on the second Sunday of the month. We don't currently have a facilitator for our Sept. 8th gathering, but come anyway. We'll have a topic ready to go! We meet from Noon to 1 in the Olympia Brown room. You are invited to join us. Any questions, comments or concerns, please contact Rev. Barbara Cornell uubcornell@gmail.com.

Social Action Ministry

"Later that night
I held an atlas in my lap
Ran my fingers across the whole world
And whispered
Where does it hurt?
It answered
Everywhere
Everywhere
Everywhere"
-Warsan Shire

There are so many needs in the world, and in our own communities, that it can be overwhelming at times to decide how to be of service. As we move into this new church year, the Social Action Ministry and Committee will be looking to find better ways to inform

our community of ways to be involved. The SUUC website, Facebook page, monthly newsletter, weekly ebulletin, Sunday Order of Service inserts as well as the Social Action email list are how we have “traditionally” gotten the word out but times are changing, and I want to be sure that our information reaches you in a timely and consistent manner. If you have an idea, event or issue you want our membership to know about, support or become involved with, please contact me. Your willingness to be a “point person” for a one time event or contact for on-going one will be gratefully accepted! That being said, several members have already begun!

2019-20 Plate Share (Lew Witham and Sharon Greenman) Look for the plaque in Threadgill Hall that has our recent recipients

NARAL Troublemakers (Marley Bunker)

Sno-King Meaningful Movies bi-monthly (Krista Tenney) Held at Edmonds UUC, doors open at 6:00, movie at 6:30 followed by discussion. September 14th movie will be “Cascadia, the Hidden Fire. More information will be in the ebulletin and on the SUUC website shortly.

Language acknowledging Duwamish land and possible placement of plaque in new landscaping or by water fountain. Language has been sent to the SUUC board to review.

Climate Strike March, September 20th (hosted by WA Youth, and seven other organizations. The information will be on our SUUC website. Carpools will be forming.

Bob Beekman and Karen Thompson attended the FAN workshop and came away with information and ideas that will be explored at our next SJM meeting.

October 12 is the first annual fall summit for Washington State UU social justice advocates and activists since the Northwest UU Justice Network (NWUUJN) and the Washington UU Voices for Justice merged last year. SUUC's Social Action Ministry is a JUUSTice Washington member and a sponsor of this year's Summit.

Our SAM meetings are traditionally held on the second Saturday of the month, from 9:30 - 11 in Threadgill Hall. In October, that date will change due to the conflict with the annual UU Justice Summit that our SJM supports as a sponsor.

If you are interested and want more information, or want to be added to our SJM email list, please contact Krista Tenney —

tenney@earthlink.net

(206) 367-8688 (landline).

September Worship Services

Sunday, September 1, 10:30 a.m.: "UU Power in Reproductive Justice"
Pulpit Guest Marley Bunker

Sunday, September 8, 10:30 a.m.: "Gathering of the Waters"
Rev. Kate Landis

Sunday, September 15, 10:30 a.m.: First Day of RE
Rev. Kate Landis

Sunday, September 22, 10:30 a.m.: Stewardship Kick-Off
Rev. Kate Landis

Sunday, September 29, 10:30 a.m.: Ingathering
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;
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Chris Pollina, Director of Religious Exploration	(C) 206-240-5500 shoredlinedre@gmail.com
Brandon Hunter, Church Administrator	(W) 206-363-7994 office@shorelineuu.org

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



Jabberwocky

By Lewis Carroll

'Twas brillig, and the slithy toves
Did gyre and gimble in the wabe:
All mimsy were the borogoves,
And the mome raths outgrabe.

"Beware the Jabberwock, my son!
The jaws that bite, the claws that catch!
Beware the Jubjub bird, and shun
The frumious Bandersnatch!"

He took his vorpal sword in hand;
Long time the manxome foe he sought—
So rested he by the Tumtum tree
And stood awhile in thought.

And, as in uffish thought he stood,
The Jabberwock, with eyes of flame,
Came whiffling through the tulgey wood,
And burbled as it came!

One, two! One, two! And through and through
The vorpal blade went snicker-snack!
He left it dead, and with its head
He went galumphing back.

"And hast thou slain the Jabberwock?
Come to my arms, my beamish boy!
O frabjous day! Callooh! Callay!"

He chortled in his joy. 'Twas brillig, and the slithy toves
Did gyre and gimble in the wabe:
All mimsy were the borogoves,
And the mome raths outgrabe.