

Soundings



Shoreline Unitarian Universalist Church August Newsletter

July 12th Board Meeting Highlights

In Attendance

Adam Griffith, Rev. Kate Landis, Juel Erikson, Amanda Ray, Judi Kalitzki, Paul Borrmann, Alison Lilly and Carolyn Threadgill

Opening

Call to Order: Carolyn Threadgill presiding

Approvals

Approval of June minutes: approved unanimously.

New Business

Report from Rental Committee: Alison reported from her meeting with the Rental Committee. Caroline Fitcher has agreed to join the committee, which is welcome news. The Rental Committee started work on a new set of rental policy guidelines, which look good so far.

Report from the Compensation Task Force: The Compensation Task Force submitted a very thorough and thoughtful composed report, which included plans to get the church staff up to the middle range of the UUA fair compensation guidelines. A motion was passed unanimously to use the salary recommendations contained in section I of this report for the four SUUC staff positions in the first draft for the 2017 budget. The Board recommended that section II of the report be forwarded to the Personnel Committee for their perusal.

Office Security: Judi Kalitzki reported on her meeting with Eric Scott about new security measure for SUUC. The board decided that they are not yet ready to install cameras and alarms, but are quite interested in several ideas Eric had about installing better locks to several of our doors and increasing the security of our windows.

Affiliation with April Frasier: April Frasier is in the processes of becoming at UU Minister, and wishes to be affiliated with SUUC. Being affiliated with a church is part of the requirements for ordination as a minister. The Board will invite her to their next meeting so that we can get to know her. This relationship would mean that the Board would vouch for her participation in our Church Family.

Board Retreat: The Board finalized the issues they will discuss at this year's retreat: they will do a review of our bylaws, and discuss leadership development. This year the retreat will be at Judi Kalitzki's house 9:30-2, August 20.

Prepared by Adam Griffith

August 2016

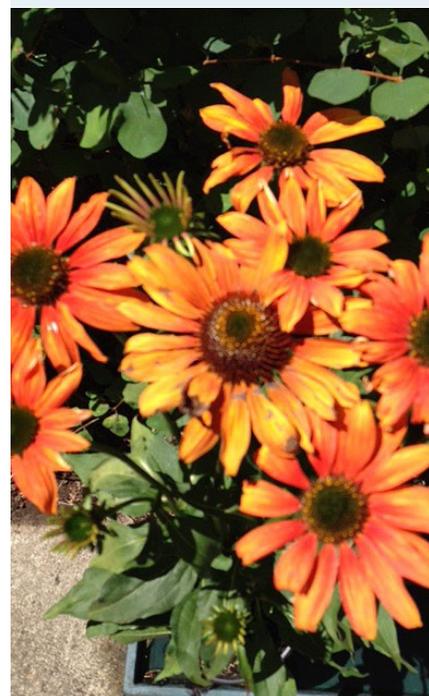
Worship Services, 10:30 a.m.

Sunday, August 7:
"A Life of Zealotry,"
Rev. Kate Landis

Sunday, August 14:
"The Urgency of the Moment," two plays
presented by SUUC's Readers
Theater Group

Sunday, August 21:
"All of Creation,"
Rev. Kate Landis

Sunday, August 28:
"Bringing Chronic Pain Out of
the Closet," Chris Prosser,
Pulpit Guest



Director of Religious Exploration



Greetings. Thanks to all of you who could attend for making the 50th anniversary celebration such a special, fun day!

I'd like to use my column space this month to talk a bit about our seven UU principles and this summer's children's RE program which has been based around explaining them to the children. While there are "children's language" versions of each of the principles, they can still be quite abstract and difficult to remember, which makes it difficult for kids to engage with them and one day "own" them. As is often the case, working to create this curriculum has been very helpful in deepening my own understanding of the principles; in working to express the principles in as brief and clear a manner as possible and to find a story which

really speaks to the essence of each principle, I've had to ask myself what the principles are about, what they have to offer, what about them makes them worth teaching in the first place. However, the thing that has really helped me to understand and explain the principles most was the time I spent searching for a unifying meaning of the principles, some kind of narrative which they form that ties them together, rather than seeing them as a set of good but not-necessarily-related ideas. I really like what I've come up with and hope that it will help you to understand them as well; I know a lot of adults in our congregation find it all too easy to forget the seven principles. Here's what I've come up with:

1. All people matter, so...
2. we treat people with kindness, and...
3. when that's hard to do, we try to learn from the difficult situations.

4. To be good people, we have to work at it!

5. We try to make sure everyone in a group has a say,
6. that the world is a good place to live for all people, and...
7. that we care for the earth.

Three sentences, only 63 words, all killer, no filler! =) I hope you may take some time to look at the principles in adult language and at this way of phrasing them and see if this framework resonates for you or casts our principles in a different light. If your children are in need of advice, if they are encountering difficult situations at school or with friends, if they have a calling or a dream that they want to pursue, or if any other situation comes up, perhaps reminding them of this way of thinking about the principles may provide some help or guidance. After all, if they only hear about principles at church, they are unlikely to think about them outside church or remember them later in life! I encourage you to consider putting a copy of the principles (in whatever version you like best) on the fridge or in a place where you'll see it often to keep these ideas close at hand.

As always, thanks for taking time out of your day to read this and stay up to date with the goings on at our wonderful church community. Hope to see you around church often this summer. See you on Sunday,

Chris Pollina, shorelinedre@gmail.com

Upcoming Events

Sunday, August 28 - Visiting Mary's Place for a tour and optional orientation for volunteers, after church.

Money Talks

Economic Diversity: A Strength of SUUC

The stereotype of a UU congregant is that of a person with a fairly comfortable, perhaps above-average, income. In my six years at Shoreline, four of them as the “Finance person,” I have become well aware of the dozens of members who live each day with economic hardship. Many painfully express to me their wish that they could provide more dollars in support of UU's operations and/or its worthy projects like the replacement of Chrysalis.

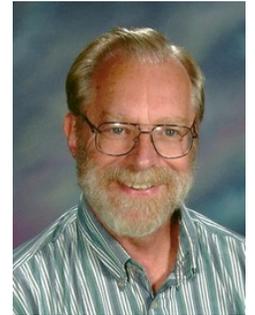
This diversity is a tremendous asset to our congregation. We don't have to look outside of our family and wonder about what the devastating impact of income inequality looks like. It makes the call to work for social justice more personal -- more real -- for each of us.

And it makes those of us whose economic challenges are less severe realize that doing our part financially means doing MORE than the “average” member. This congregation has large aspirations, and some of them require corresponding budgets. For the folks who can't afford to pledge more than \$5 or \$10 a week, we must have among ourselves others who can and will give 5 or 10 times as much.

A pledge to the operating budget and one to the capital campaign is something virtually everyone can make, no matter how small the amount. To the extent that EVERYONE who considers himself or herself a part of this community does so, we will thrive.

As we approach an autumn in which you will be presented both with a very ambitious operating budget and a need for some additional building fund pledges, I understand that some of you will not be able to do more than you are already doing. But, based on recent experience, I also expect that enough of you who CAN do more will do more. That's how an economically diverse congregation responds in a society torn by economic inequality.

Paul Borrmann
VP - Finance



Side by Side... a column from Mental Health & Recovery Ministries

It is my very great privilege to visit other congregations and share information with them about the pressing need for mental health advocacy in our state. Learning more about mental illness is a key to effective advocacy. For example, knowing that approximately 1 in 5 people has a serious mental illness or a substance or behavioral addiction helps us understand the large numbers of people who are affected by mental illness in this country. Most lifelong mental illnesses are diagnosed between the ages of 14 and 30. While that is true, more people struggle with mental illnesses. As we have learned, the five areas of primary focus for research and treatment are children's mental health, trauma, acute mental illnesses (like schizophrenia, bipolar, dissociative disorder, etc.), substance and behavioral addictions, and issues related to aging. This is a huge challenge, and governments must step up with careful planning and support to meet this need. Families can easily be overwhelmed with the long-term needs of a loved one who struggles with mental illness. Ignorance and stigma play a part in why only 60% of people with a serious mental illness seek treatment. Listening to families in that 60%, I've witnessed how hard they struggle. What on earth must life be like for that other 40%?

There are places in the world where local mental health services are funded and actually helping people. With more funding on the federal and state level we could have community mental health support, with respite services, with day



(continued)

treatment programs, with addiction treatment on demand (money saved by ending mass incarceration and calling a halt to this huge failure of a Drug War could be used to fund this treatment), with harm reduction methods expanded (needle exchanges, safety education for addicts, methadone, etc.) and fully funding our state mental hospitals for those who can only safely be cared for in an institution (and attracting the finest staff, making sure they have the best training and support, etc.) and more options for supportive housing. These things are all possible! We are not there yet. Make a call, send an email to your legislator or your favorite newspaper. Let the powers that be know this issue matters to you. Let's raise our voices for more compassion and generosity toward people who have a lived experience of mental illness and everyone who loves that person.

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 for August will be held in the conference room at church on August 22 from 6:30 to 8 p.m. There is a place for you to join us!

Rev. Barbara Cornell

Community Announcements

Plate Share

August's Plate Share recipient, on the 14th, will be ACLU of Washington, dedicated to defending/expanding civil liberties and civil rights.

On Plate Share Sundays 75% of the offertory collection goes to the selected organization and 25% goes to the church. If you write a check and you want it to go towards your pledge or the capital campaign rather than the Plate Share, please write that in the memo line.

August Hymn

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 #112, "Do You Hear?" The tune appeared in several 19th-century American hymnbooks and was most commonly used as a Thanksgiving hymn. This text was written by Emily Thorn of the Unitarian Society of Wilmington, Delaware, so it could be used year-round.



SUUC Evening Book Group Meeting August 3 "The owl of Minerva flies at dusk."

The book for the Wednesday, August 3, meeting of the Evening Book Group (aka "The Owls of Minerva") will be *Mr. Smith goes to Prison* by Jeff Smith. This book gives an unflinching look at prison life and advocates for some prison reforms from the perspective of a former Missouri state legislator who was convicted of an election violation and was sentenced to a minimum-security federal prison for a year. Evelyn Bookout will lead our discussion.

Looking ahead, the book for our September 7 discussion will be *The Short and Tragic Life of Robert Peace* by Jeff Hobbs.

Anyone is welcome to join our book group discussions on the first Wednesday of each month -- even if you haven't finished reading the book for the month!

If more information is needed, contact Bob Beekman, 206-527-7340, rlbeekman@gmail.com.

Join GreenSong CUUPS (SUUC's Pagan group) for a Full Moon Ritual

In the orchard (weather permitting) or the Sanctuary on Saturday, August 20, at 8 p.m. Together we will focus on and put energy towards what we would like to see manifest during harvest time.

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, August 20, 9-11 a.m. All SUUC men are welcome at our monthly breakfast meetings on the third Saturday of each month.

Social Action Ministry

Social Action Ministry Meets Saturday, August 13

The SUUC Social Action Ministry will meet Saturday, August 13, from 9:30 to 11 a.m., in the Church Conference Room. Attend this meeting to join work in progress on the following exciting current projects -- and to discuss other social action opportunities:

- Summer social action project for the homeless by our CRE kids: last Sunday -- Aug. 28.
- Volunteering for weekly community dinners at Ronald United Methodist (and Ronald Commons next door this winter).
- Family volunteer project at Mary's Place North Shelter for homeless women and families.
- Our partnership in Sno-King Meaningful Movies at Edmonds UUC.
- Oct. 1 NW UU Justice Summit in Port Townsend.

Check our [Social Action Ministry blog](#) a couple days before the meeting for a more detailed agenda. Please contact SAM chairwoman Carolyn Wallace if you have any questions.



Social Action Ministry

Thank you to everyone who participated in the 50th Anniversary Celebration!



August Calendar of Events

Wednesday, August 3

6:30-8:30 p.m. Potluck, Sanctuary
7-8:30 p.m. Evening Book Group, Conference Room

Thursday, August 4

6-8 p.m. Weekly Game Night, Chrysalis
7:45-9 p.m. Music Committee, Conference Room

Friday, August 5

12-1:30 p.m. Appreciating Elderhood, Sanctuary

Saturday, August 6

3-5 p.m. Readers' Theater Rehearsal, Sanctuary

Sunday, August 7

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

Tuesday, August 9

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

Wednesday, August 10

6:30-8 p.m. Weekly Potluck, Sanctuary
7-8:30 p.m. Welcome Team Meeting, Conference Room

Thursday, August 11

6-8 p.m. Weekly Game Night, Chrysalis
7-9 p.m. Board Meeting, Conference Room

Saturday, August 13

9:30-11:30 a.m. Social Action Meeting, Conference Room
10 a.m.-12 p.m. Women's Circle, Chrysalis
11:30 a.m.-2:30 p.m. Readers' Theater Rehearsal, Sanctuary

Sunday, August 14

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

Wednesday, August 17

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

Thursday, August 18

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

Friday, August 19

12-2 p.m. Appreciating Elderhood, Sanctuary

Saturday, August 20

9-11 a.m. Men's Group, Wedgwood Broiler
10 a.m. September Soundings Copy Deadline
8-10 p.m. GreenSong CUUPS Pagan Group Full Moon Celebration, Orchard

Sunday, August 21

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

Monday, August 22

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

Wednesday, August 24

6:30-8 p.m. Weekly Potluck, Sanctuary

Thursday, August 25

4-8 p.m. Music Filing and Potluck, Sanctuary
6-8 p.m. Weekly Game Night, Chrysalis

Sunday, August 28

10:30-11:45 a.m. Worship Service and Children's Activities, Sanctuary and Chrysalis
11:45 a.m.-12:30 p.m. GreenSong CUUPS Pagan Group Check In, Conference Room

Wednesday, August 31

6:30-8 p.m. Weekly Potluck, Sanctuary

August Sunday Volunteers

August 7:

Nancy Curtis and Marguerite Chin, Greeters
Ryan Dunn & Zoey Phillips, Ushers
TBD, Baristas

August 14:

Andy Landis and Megan Watson, Greeters
Paul Borrmann & Anne Martin, Ushers
Kristen & Bruce Hunt, Baristas

August 21:

Earl Davis & Valerie Sammons, Greeters
Homer Henderson & Barbara Stilson, Ushers
Rick Wilson & Juel Erickson, Baristas

August 28:

Sue Leisy & Carolyn Brenner, Greeters
Shirley Beresford & Donald Patrick, Ushers
Earl Davis, Barista

Shoreline Unitarian Universalist Church

14724 First Avenue NE, Shoreline, WA 98155-6806 206-363-7994 www.shorelineuu.org office@shorelineuu.org

Rev. Kate Landis, Minister (W) 206-363-7994 ext. 1
minister@shorelineuu.org
Frederick N. West, Director of Music (C) 206-523-1200
northmanwest@earthlink.net
Chris Pollina, Director of Religious Exploration (C) 206-240-5500
shorelinedre@gmail.com
Laurie Radin, Church Administrator (W) 206-363-7994
office@shorelineuu.org

Soundings

Editor, Layout: Laurie Radin
Webmaster: Laurie Radin
Proofreader: Bill King

Submission deadline for **Soundings** is usually the 20th of the preceding month by 10 a.m. Include your name with submitted materials. Email articles to office@shorelineuu.org.

Vision:

To become a leading voice of liberal religion in the Northwest, by continuing to act locally, while thinking regionally, nationally, and globally.

Mission:

SUUC is a caring community that celebrates the growth of mind and spirit and inspires us to create a more just world.

Values:

Affirm and promote the UU Principles.