

# Soundings



## Shoreline Unitarian Universalist Church Newsletter



Dear ones,

What a pleasure it is to be entering autumn. I love this time of excitement as new church programs begin and continuing programs exhibit new energy after a summer of rest. I have two new activities to get on your calendar: first, evening worship services, happening monthly and beginning October 16! A quiet, meditative service to sooth your soul before the week begins again, happening the third Sunday of each month. Potluck at 6 p.m. in the Conference Room, and service at 7 in the Sanctuary. Evening service is at the same time as youth group, so if you are dropping off one of our amazing teenagers, stick around to renew your spirit. Open to everyone--come check it out. Bring friends. A peaceful Yin to the raucous Yang of daily life.

The second new, or should I say re-newed, activity is chalice circles, which this year will be using the much-loved curriculum developed by the Rev Julia McKay, created when she was an interning minister at SUUC. If you aren't already in a chalice circle this is a super time to check one out. These small groups promote the development of a deeper spirituality while members grow closer in friendship. They meet monthly for two hours. Email me to join a group.

Finally, I hope you have had a chance to meet our amazing Ministerial Intern, Jessica Star Rockers. Jessica is a Master of Divinity student at Meadville Lombard Theological School preparing for UU ministry. Jessica is learning with us on a half-time basis until June of 2018. She will be preaching monthly, leading programs for adults, offering pastoral care, participating in UU Minister's Association continuing education events, teaching RE, and spending time with the board and other committees. Introduce yourself to Jessica and her family this Sunday.

Thank you for the pleasure of knowing you all. I so enjoy being your minister. Let's have a great autumn!

Warmly,  
*Rev Kate*

## October 2016

Worship Services

**Sunday, October 2, 10:30 a.m.:**  
"The Art of Listening,"  
Jessica Star Rockers, SUUC  
Ministerial Intern; Choir

**Sunday, October 9, 10:30 a.m.:**  
"Compassion and Choices,"  
Rev. Kate Landis; Ingathering of  
New Members

**Sunday, October 16, 10:30 a.m.:**  
"Compassion and the Long  
Road," Rev. Kate Landis; Choir

**Sunday, October 16, 7 p.m.:**  
New Evening Worship Service,  
following a potluck at 6 p.m.;  
Rev. Kate Landis

**Sunday, October 23, 10:30 a.m.:**  
"Bumper Sticker Theology,"  
Rev. Kate Landis

**Sunday, October 30, 10:30 a.m.:**  
All-Ages Celebration of Day of  
the Dead, Rev. Kate Landis

## New Building Update from Our President



Dear SUUC Community,

I am delighted to report that the City of Shoreline planners are already considering our Conditional Use Permit application. They have asked us for some clarification and more information, which we are providing to them. We don't know yet what their final decision will be regarding the parking reduction request, of course. I suggest we continue to hold tight to our hopes that they will see things our way.

As we kick off this stewardship campaign, I appeal to you as Board President and New Building Committee Chair to rejoice in our goals and plans for our community, for our future. The 2017 integrated budget reflects the stretching necessary to achieve them. We raised an amazing 500,000 plus dollars earlier in the year for the new building. Now the New Building Committee is collecting updated costs for our project, to reflect financial realities of 2016-17. If we find that we are short, we will seek additional pledges to make up that shortfall. We will also be borrowing \$250,000. The debt service for this amount is reflected in the 2017 budget and will recur year after year for quite some time. As you gather in the wonderful house meetings over the next few weeks, I urge you to keep all of our goals and plans tenderly in heart and mind. We have so much to be proud of in our progress thus far! I know that together we will succeed. Thank you for your generosity on behalf of the Board, the various volunteer committees hard at work, and our beloved community.

*Carolyn Threadgill*

*New Building Committee Chair*

*SUUC Board President*

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## Intern Minister



Hello Shoreline Unitarian Universalist Church!

First I want to thank you for the incredibly warm welcome I have received from everyone these last few weeks. I am overwhelmed with gratitude. It is such a blessing to have the opportunity to serve among you the next two years.

On Sundays I will be preaching, assisting Rev. Kate, and volunteering in RE. And on Wednesdays I will be working in the office, available for meetings or just to say hello. I encourage you to reach out to me if you haven't done so yet. I love chatting over coffee or tea and am open to meeting in the office or outside of it. I look forward to getting to know all of you better in the coming months.

I will also be bringing my family along with me on most Sundays. My husband, William, and our eight-year-old son will be joining the SUUC family as well. So if you see them wandering around make sure to say hello. They are as thrilled as I am to be here.

I predict a wonderful two years ahead of us both, in this vibrant and loving community. Lots of learning, lots of laughter. As the song says, we are here together in this holy moment. And I'm grateful to the winding road that brought me to this place.

Many, many blessings,

*Jessica Star Rockers*

## Director of Religious Exploration

Hello everyone. The RE year got off to a wonderful start this year; between the kids here on Sunday morning and the youth group later in the evening, there were a whopping 48 children and youth at church between Sunday morning and youth group! When they came out into the hallway after the story for all ages, they expanded to fill the entire space! After church there was a lively chat in the Chrysalis with a group of twelve congregants who are parents of children in the program, some of whom have been attending for years, and some of whom were only on their second visit, to talk about the scope of and vision for our church's RE program. Thanks so much to everyone who made attending church a priority on this day; I feel quite certain that the high energy which was present on that Sunday will help set the tone for the coming months.



Also, you may recall that during our summer program in which we talked about our principles, the children used the occasion of learning about our fifth principle (“We promote and affirm the right of conscience and the use of the democratic process”) to vote on the next fun kid/family centered activity we’d do. They ended up voting in a landslide to take a church trip to the pool so that’s what we’ll do! On Sunday, October 23 from 4-6 p.m., we’ll be swimming hard at the Shoreline Pool (19030 1st Ave NE - a mere hop, skip, and jump from the church!). More details will be coming your way in my weekly emails and the eBulletin this month. Also, I know technically I should’ve allowed adults to vote on this as well since it is a decision that concerns them. I hope you’ll forgive my slight departure from following our fifth principle to the letter!

Last, on October 30, we’ll be having our annual *Día de los Muertos* service. In this service, which has become an annual tradition over the last three years, we take time to celebrate and honor the lives of the people and animals who, while no longer living, still have a place in our hearts. During the service we create a temporary altar of photographs, mementos, and other reminders of departed loved ones. Please bring something to add to the altar if you are so inclined. This is a great service for children to take part in; oftentimes in our culture, death, loss, and the associated feelings are largely kept hidden away and not talked about and this is a great opportunity to acknowledge, normalize, and fully experience this reality of life. For more reading on this, I highly recommend checking out a wonderful interview with a man named Francis Weller which can be found at [http://thesunmagazine.org/issues/478/the\\_geography\\_of\\_sorrow](http://thesunmagazine.org/issues/478/the_geography_of_sorrow).

See you on Sunday,  
Chris Pollina, [shorelinedre@gmail.com](mailto:shorelinedre@gmail.com)

### Upcoming Events

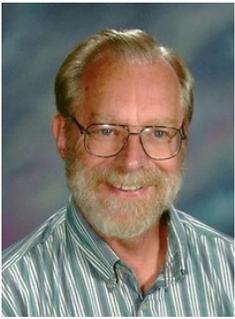
Sunday, October 23, 4-6 p.m.: SUUC Pool Party at Shoreline Pool

*See details above.*

**Sunday, October 30:** *Día de los Muertos* (“Day of the Dead”) Intergenerational service

*See details above.*

## Money Talks—



### So What's With These House Meetings?

When asked what I got from attending a Sunday service, I find that my answer varies from week to week. Most often there is just one thing that “grabbed “ me. It might have been a brief conversation before or afterwards with a new acquaintance, or perhaps something in Marilyn Grevstad’s story for all ages. Some weeks it’s someone’s sharing of a joy or sorrow, others a musical moment, still others a reading. Sometimes the sermon, or a specific part of one, does the job; and sometimes it’s sensing that my smile or concern reached someone who needed exactly that on this day.

In the same way, it’s not easy for me to give a short answer to people who ask me why they should attend a house meeting. The gathering will not be 90 minutes of nonstop treasures. You may not learn anything you didn’t already know about our finances (but some of you will). You may not meet anyone you haven’t met before (but MOST of you will, especially as we have so many new members). You may not hear any ideas you haven’t heard or thought of before (but some of you will). You may not feel more a sense of community after you leave (but most of you will). You may not learn any interesting new tidbit about any of the participants, but this I really doubt.

The point is that, while each of you may get something different from a house gathering, all of you will get something.

And, for those of you who get none of these benefits, your smile, comment, or simple statement will be the one meaningful takeaway for one of the other participants. So get to a meeting, and please respond to my email invitation!

*Paul Borrmann*  
*VP-Finance*

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## Board Meeting Highlights September 2016

**In attendance:** Adam Griffith, Rev. Kate Landis, Juel Erikson, Judi Kalitzki, Paul Borrmann, Alison Lilly and Carolyn Threadgill

**Absent:** Amanda Ray

### Opening

**Call to Order:** Carolyn Threadgill presiding

### Approval of Minutes

**Approval of August minutes:** Minutes were approved unanimously.

### New Business

**Financing of the New Building:** It was moved that if and when SUUC authorizes construction of a replacement building for Chrysalis requiring long term financing, the Board shall recommend that a loan of up to \$100,000 be sought from this congregation’s Endowment Fund. This motion was approved unanimously.

**Stewardship Committee:** It was reported that this year the Stewardship Committee will send out pledge forms electronically as well as through the mail. This will allow the church to reach friends who are not yet in the directory.

(continued)

**Building Committee Report:** The City of Shoreline is currently looking at our conditional use permit and has sent us a letter for clarification on several points. They want information on the trees on the property (size, species, etc.). They also want to see a fully developed plan for parking management, a practical plan for encouraging carpools, bikes and public transportation. The Building Committee is planning to give some information on the progress of the new building project to the congregation during the fall Stewardship house meetings.

**Committee on Ministry:** The Committee on Ministry required a new member. It was moved to appoint Bruce Campbell to the Committee on Ministry. This motion passed unanimously.

**Bylaws Revision:** The Board will recommend some revisions to the bylaws to be considered at the December congregational meeting. Through these changes, the board hopes to refocus church function towards being a place of spiritual growth for its members, rather than an institution served by the members.

*Prepared by Adam Griffith*

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## Side by Side—a Column from Mental Health Ministry

In these anxious times when it seems that every newscast reveals a new low or another horrible thing happening somewhere in this world...we need our spiritual disciplines. May all of us increase our capacity for serenity, our strength of self-discipline, and our openness to the new and “other “ by deliberate practice, known by many as spiritual disciplines. These are direct actions we can take to bring down the fear and anxiety we may be feeling in this moment.



One of the most important spiritual disciplines is attending church on Sunday morning. Our worship time together invites us into a space of peace, respect, and compassion. Our hearts can open as we listen to the message, which usually invites us to learn something new, consider another perspective, or reflect on our life’s greater meaning and probably lots of other things...like hugs!

I can highly recommend another spiritual practice that has made a big difference in my life: breathing. When we’re anxious we start to speed up our breathing and it gets shallower. Stopping for just a short time gives us the opportunity to sit, relax, and then take a breath. And then another and another. This simple practice slows us down, fully oxygenates us and helps our brain to remember what matters most to us. Is it truth? Is it love? Is it justice or peace or ? Serenity matters!

One more spiritual discipline to bring down the anxiety over these tough times: Focus on taking beautiful care of yourself. Yes, it takes a lot of time to chop things for a salad or soup or roasted veggies; take the time. You really don’t have time to floss too, but take the time. You are worth it. Drink plenty of water, take a walk (even in the rain), go to bed early! Self-care and self-compassion are needed in these anxious times. When you take beautiful care of yourself, you’ll have something to offer others.

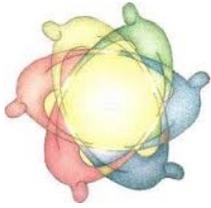
If there is any way that we can be supportive of you and your family please reach out to us, the co-chairs of the Mental Health & Recovery Ministry team here at Shoreline UU, Chris Poole at 206-542-9271 or Rev. Barbara Cornell at [uubcornell@gmail.com](mailto:uubcornell@gmail.com).

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 24, 2016 from 6:30 to 8 p.m. There is a place for you to join us!

*Rev. Barbara Cornell*

## Community Announcements

### Dive deep with a Chalice Circle



Chalice Circles are small groups of people that meet once a month to grow spiritually, ponder life's big questions, and deepen their bonds of friendship. Groups meet at the church, in people's homes, or in coffee shops, and go through four steps:

- Opening words: reading a brief poem or meditation to center the group.
- Check-in: participants share how their lives are going in a confidential, safe space.
- Topic and discussion: the facilitator reads a poem, article, or story, and participants reflect on how that piece impacts them.
- Closing words: sharing an inspirational verse to carry as you depart.

Chalice Circles meet during the day and in the evening. Tell Rev Kate you want to join a circle, or get more information, at [minister@shorelineuu.org](mailto:minister@shorelineuu.org). This is your year to dive deep!

### Samhain: Entering the Dark of the Year



The holiday known to the Celts as Samhain and to America as Hallowe'en is a time to honor the deep changes in the year and in our lives (and deaths). Samhain means "Summer's End," and marks the end of the harvest and the beginning of the season of Want--that harsh, fruitless time of year when our homeless or infirm may die from exposure and our resources are limited to what has been stockpiled against the cold. In many traditions across faiths and across the world, it is the time to honor our ancestors and our beloved dead, to talk about harsh truths and to experience the deepest mysteries. This October at Shoreline Unitarian Universalist Church, GreenSong CUUPS, the congregation's Pagan group, will host a day of activities to engage the whole family in this transition to the dark of the year.

Samhain is a traditional and volatile time to walk once more with our beloved dead. On Saturday, October 29, we will start at 3:30 p.m. with the family-friendly crafting of Spirit Lanterns, predecessors to the Jack 'o' Lantern that the family can take home to add to their Hallowe'en decor. Spirit Lanterns are designed to draw the friendly ghosts in and warn the malevolent ones away. At 6 p.m., we will walk the candle road and find our beloved dead walking with us, then invite them to join us for one more shared meal in our sacred Feast of the Dead. In between we will have stories of traditional spooks and opportunities to explore the mysteries of divination. You and your loved ones are welcome to join us for any part or the whole.

Please plan to bring a photo or token of the beloved dead you honor at this year's celebration, and a potluck item to share, ideally, one of your honoree's favorite foods. We will also have a collection out for Camp United We Stand to help our fellow humans as the season of Want begins. We invite you to give generously of money or supplies. See their current needs here: <http://greaterseattlecares.org/encampments/united-we-stand/whats-needed-uws/>

Contact us at [greensongcuups@gmail.com](mailto:greensongcuups@gmail.com) with any questions.

## New Member Ingathering!

Come welcome our newest members at the Ingathering during the church service on October 9. Come prepared to meet some great people!



## October Plate Share

Northwest Justice Project will be our Plate Share recipient on Sunday, October 9. This local nonprofit secures justice through high-quality legal advocacy, promoting the long term well-being of low-income individuals, families and communities.

## SUUC Evening Book Group Meets October 5

### “The owl of Minerva flies at dusk. “

The book selection for the Wednesday, October 5, meeting of the Evening Book Group (aka “The Owls of Minerva”) will be *Destiny of the Republic: A Tale of Madness, Medicine, and the Murder of a President* by Candice Millard. The President here is James A. Garfield, whose death was caused as much by unenlightened medical practices as by his assassin. Evelyn Bookout will lead our discussion.

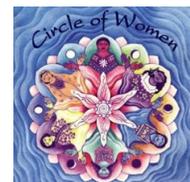


Our next book, for our November 5 discussion, will be *Being Mortal* by Atul Gawande.

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](mailto:rlbeekman@gmail.com).

## SUUC's Women's Circle Group

The Women's Circle will meet Saturday, October 1st at 10 a.m. in Chrysalis. Our activity this month will be making masks. Come and have some fun! Get ready for Halloween, or just play with alternate identities. Contributions would be helpful, both treats, and materials--any kind of artistic supplies. See you there! All women welcome.



## 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 15, 9-11 a.m. We will discuss the theme “Compassion” at this meeting. All SUUC men are welcome at our monthly breakfast meetings on the third Saturday of each month.

## Pub Theology

Attention deep thinkers and thirsty drinkers! If you are between the ages of 21 and 49ish, you are invited to pub theology, a monthly gathering of younger SUUC folks at a local pub or brewery. The next meeting will be Friday, October 14, at 7 p.m., with location TBD. Email Rev Kate ([minister@shorelineuu.org](mailto:minister@shorelineuu.org)) to get on the email blast and join us for fun conviviality. Here are all of the monthly dates: 10/14, 11/11, 12/9, 1/13, 2/10, 3/10, 4/14, 5/19, and 6/9.

## Social Action Ministry Announcements

### Social Action Ministry Meets Saturday, Oct. 8



The SUUC Social Action Ministry will meet Saturday, October 8, from 9:30 to 11 a.m., in the Church Conference Room. Attend this meeting to hear about these exciting and fulfilling social action opportunities:

- Report on the NW UU Justice Summit in Port Townsend the previous weekend.
- Progress report on our new monthly family volunteer Sunday afternoons at Mary's Place.
- Report on postponed start of free community dinners at Ronald United Methodist (RUMC).
- Plans for our SUUC congregational Winter Holiday Giving project.
- Our partnership in Sno-King Meaningful Movies at Edmonds UUC.
- Progress report on possible outreach project to Muslim neighbors.
- Possible Black Lives Matter workshop.
- Opportunities to support WA State initiatives:
  - ◇ Guns (extreme risk protective orders).
  - ◇ State minimum wage.

Check our [Social Action Ministry blog](#) a couple days before the meeting for the official proposed agenda. Please contact SAM Chairwoman Carolyn Wallace if you have any questions or suggestions for this meeting.

### Monthly All-Ages Family Volunteer Sundays at Mary's Place



Shoreline UUC's Social Action Ministry, in cooperation with our Children's Religious Exploration program, has scheduled all-ages family volunteer visits to Mary's Place North Shelter for homeless families as a monthly activity. Participants will go to Mary's Place after Sunday worship from 12:30 to 3 p.m. on October 2, November 6, December 4, and January 8. Adult volunteers and families with children wishing to participate should gather in the sanctuary entry hall near the kitchen after Sunday Worship on those dates. Bring a brown bag lunch and also a snack and a water bottle for each participant (especially your kids).

Mary's Place North Shelter is at 1155 N 130th St, Seattle, WA 98133--the old Pi Bank building at 130th and Stone Way. You'll be given directions to Mary's Place North Shelter if you need them before leaving the church.

Volunteer tasks at Mary's Place will vary monthly and may involve sorting donations, preparing for a special event, helping in the in-house store "Bon Mary's," cleaning, or working in the in-house childcare area "Kids Club." Each Religious Education (RE) class at SUUC will have the opportunity to plan an activity for Mary's Place children and youth. Adult and child volunteers will have the opportunity to help run the selected activity, such as physical games, crafts, reading, story-telling, board games, or supervised play.

For more information on this fun and useful volunteer activity, contact Corinne Sherry.

## October Calendar of Events

### **Saturday, October 1**

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

### **Sunday, October 2**

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

### **Tuesday, October 4**

7-9 p.m. Board Meeting, Conference Room

### **Wednesday, October 5**

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

### **Thursday, October 6**

6-8:30 p.m. Weekly Game Night, Chrysalis  
6-7:30 p.m. Choir Rehearsal, Sanctuary  
7:45-9 p.m. Music Committee, Conference Room

### **Friday, October 7**

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

### **Saturday, October 8**

9:30-11:30 a.m. Social Action Meeting, Conference Room

### **Sunday, October 9**

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

### **Wednesday, October 12**

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

### **Thursday, October 13**

6-8 p.m. Weekly Game Night, Chrysalis  
6-7:30 p.m. Choir Rehearsal, Sanctuary

### **Friday, October 14**

7-10 p.m. Pub Theology, TBD

### **Saturday, October 15**

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

### **Sunday, October 16**

10:30-11:45 a.m. Worship Service and Children's Activities, Sanctuary and Chrysalis  
6-8 p.m. Evening Service & Potluck, Sanctuary, Conference Room

### **Wednesday, October 19**

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

### **Thursday, October 20**

6-7:30 p.m. Choir Rehearsal, Sanctuary  
6:30-8:30 p.m. Weekly Game Night, Chrysalis

### **Friday, October 21**

10-11:30 a.m. Charites Chalice Circle  
12-1:30 p.m. Appreciating Elderhood, Sanctuary

### **Sunday, October 23**

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  
12-1 p.m. Aesthetics Committee, Sanctuary

### **Monday, October 24**

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

### **Wednesday, October 26**

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

### **Thursday, October 27**

6-7:30 p.m. Choir Rehearsal, Sanctuary  
6:30-8:30 p.m. Weekly Game Night, Chrysalis

### **Saturday, October 29**

3:30-9 p.m. Samhain Celebration with GreenSong CUUPS Pagan Group, Sanctuary

### **Sunday, October 30**

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

## October Sunday Volunteers

### October 2:

Milton Wagy and Marguerite Chin, Greeters  
Alison and Jeff Lilly, Ushers

### October 9:

Shirley Beresford, Donald Patrick, and Megan Watson, Greeters  
Jeremy Corvialis and Barbara Stilson, Ushers

### October 16:

Earl Davis and Valerie Sammons, Greeters  
Paul Borrmann and Homer Henderson, Ushers

### October 23:

Richard Volkman and Carolyn Brenner, Greeters  
Paul Borrmann and Ann Martin, Ushers  
Earl Davis, Barista

### October 30:

Chris and Rebecca Prosser, Greeters  
Zoey and Ryan Dunne, Ushers

## Shoreline Unitarian Universalist Church

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### *Soundings*

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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](mailto:office@shorelineuu.org).