



# Soundings



THE NEWSLETTER FOR SHORELINE UNITARIAN UNIVERSALIST CHURCH, SHORELINE, WASHINGTON

## Worship Services – October 2009

**SUNDAY, OCTOBER 4, 2009, at 10:30 a.m.**

***“The Care-FULL Congregation”***..... Rev. Thomas Anastasi, Minister

We look closely at all the ways our congregation cares. We expand the notion of Stewardship to include the ways we care for one another when we are down and out, including how we care about people’s spiritual well-being. We want to care about how we might make each life and all lives better, including the life of our culture and our earth. Plus, our excellent *Spirit Hand* band will care for our musical souls today.

**SUNDAY, OCTOBER 11, 2009, at 10:30 a.m.**

***“Life Span Education—It’s for All of Us”***.....Rev. Thomas Anastasi, Minister

Let us celebrate the many ways our congregation takes seriously all the aspects of education, “from cradle to grave.” We truly are a “learning church” as well as a “teaching church.” Today we host our “Lighting the Flame” ceremony which marks the beginning of this year’s Coming of Age Program.

**SUNDAY, OCTOBER 18, 2009, at 10:30 a.m.**

***“By Their Music Shall Ye Know Them”***.....Rev. Thomas Anastasi, Minister

You may know that around the UU Pacific Northwest District and even beyond, our congregation is known as a “musical” church. There are so many ways we fit that description, and today we celebrate our great musical programs. *Our Church Choir will sing today.*

**SUNDAY, OCTOBER 18, 2009, at 7:30 p.m.**

***“SoulSong”***.....SoulSong Team

This is our monthly candlelight service with reflective music and chants, readings, and times of silence for quiet contemplation in order to “recharge spiritual batteries.” In the spirit of prayer, the music invites us to enter the depths of our being through simple, meditative chants. There are times of silence, opening to a deep quality of transcendent spirit.

**SUNDAY, OCTOBER 25, 2009, at 10:30 a.m.**

***“Reaching Out by Reaching In”***.....Rev. Thomas Anastasi, Minister

Our congregation’s commitment to reaching out beyond our walls to address the cultures around us is the theme of today’s service. We honor the work of our Social Justice group, the Great Turning program, and the many other ways we respond to the world.

**SUNDAY, NOVEMBER 1, 2009, at 10:30 a.m.**

***“Our Staff of Life”***..... Rev. Cecilia Kingman-Miller, Guest Minister

Today’s service honors the Staff of our congregation, who put into action what we want as a Community of Faith. *Spirit Hand will sing today.*



## MINISTER'S REPORT

THE REV. THOMAS G. ANASTASI

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### Thomas' Promises — "A Month of Sundays"



Our amazingly energetic Stewardship Team has come up with an exciting plan for this year's annual pledge campaign to raise funds (as well as the level of interest and other volunteer activities). For five weeks—a month of Sundays—each Sunday service will highlight and celebrate an critical aspect of our congregation's activity. Each service will remind us all of the significance and the many, many expressions of our congregation's identity and mission.

In fact, our newly created Mission Statement draft will help all of us focus on what we have collectively identified as those really important things we do here at Shoreline Church. (Be sure to stay tuned for the latest news of what's happening in this regard.)

We begin with the October 4th service, which highlights the many ways our congregation *cares*. We strive to be a "Care-FULL" Congregation. Caring—a synonym for Stewardship—is a reciprocal relationship where both sides truly win. Our Care Team is the obvious manifestation as it works with the actual physical care that many of our people want and need.

Caring, of course, is even more encompassing, for we also want to care for people's *spirits*, the inner wells which connect to that which is larger than ourselves. Our worship services directly address this need. On this Sunday we celebrate this bright and beautiful aspect of our being.

On October 11 we celebrate the life-long education work that we do here, "from cradle to grave," from the nursery to the children's Sunday School to the Youth Group to the Young Adults and to the rest of us. We strive to be a "learning church," a place where folks can be challenged to engage in the many aspects of the world around them and the soul within them. Also, our "Lighting the Flame" service, the beginning of this year's Coming of Age program, will happen.

The next Sunday, October 18th will feature our amazing music programs here. The Choir will sing, but there are other important features of our music: Spirit Hand, Tom Stacy, invited guests including performers at our fabulous Full Moon Concert Series, and others. I love the name of the service: "By Their Music Shall Ye Know Them."

The October 25th service will celebrate the many ways our congregation has engaged the issues around Social Action and Social Justice. We will recount those many avenues and offer a spiritual rationale: "What happens inside us and among us can truly be reflected in what we do outside of us." The essence is the "Deeds, not Creeds" mantra so prominent in our Unitarian Universalist history and philosophy.

Finally, on November 1st we will celebrate and honor the Staff of our congregation: our Music Director, our Administrator, our Intern Minister, our Director of Religious Education and our Senior Minister. In fact, the salaries of these good folks make up a large portion of our annual budget, and for good reason. They are, after all, the ones who make happen what you—the congregation—wish to happen among us and in the world. We are truly blessed with a sermon from the Rev. Cecilia Kingman-Miller.

This is so exciting, this "Month of Sundays" project from our Stewardship Team. We all feel deeply that when people know more about what exactly we are doing and accomplishing as a Community of Compassion and Faith, we will want to contribute in the largest and most generous way to its welfare and propagation.

Whoever you are, and wherever you are on your life journey, and whatever you are doing to make the world a better place, you are welcome here.

**Faithful regards, Thomas** 206-367-4761 - [tganas@comcast.net](mailto:tganas@comcast.net)

## Membership

October is Stewardship month. Every year at this time, your Board, your staff, and the volunteers who chair the many committees or offer the various programs, review and analyze the activities of your church and plan how to improve these and offer more. Part of the process is to inform you of these activities. Each Sunday this month, the service is devoted to a different aspect of stewardship, what we do for you and the wider community. I encourage you to attend each Sunday to hear about all we accomplish.

I want to take this opportunity to talk with you about membership. Humans are social animals. We have always gathered together. We join groups, clubs, associations, political parties. The list is endless. We band together because it is our nature. We join with others who share common interests or characteristics. Since the most primitive times, we have gathered, congregated, if you will, in family groups, in tribes, villages, towns, cities, nation states, perhaps for defensive reasons (us vs. them), but also because together, sharing common interests and goals, we can accomplish much more than individually.



The word “member” comes from the Latin *membrum*, meaning limb, a part of the body. This is significant to me. I don’t think of my arms and legs as separate, individual parts. Only as part of the whole can my legs or arms accomplish anything.

I became a member of SUUC because I liked hearing what Thomas said from the pulpit. I liked the music programs offered. I liked the members. These are the answers I got when I asked “What’s in it or me?”

You joined for these and other reasons, and though you may not have phrased it in these same words, you became a member because you answered the question, “What’s in it for me?”

This month, Stewardship month, I want you to answer a different question: “What’s in it *from* me?”

We will learn this month that stewardship is more than contributing financially (as important as that is). It is also contributing time. “Member” is defined as “one of the persons who compose a social group (especially individuals who join and participate in a group organization).”

“Join and participate.” To be a member is not just to join, but to participate. Participate: to take or have a part or share, as with others; partake; share. Together, as part of the whole, we teach our children, we tend the gardens, we share, partake, we built this church, figuratively and literally.

This month, as you learn about the many features of stewardship, as we retell our common interests and goals, join us, share with us, partake and participate. We are here for you and because of you.

If you have any comments or questions, please contact me at 206-265-2351, or email me at [tracy@internetaddress.com](mailto:tracy@internetaddress.com).

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## We Care!!

Are you going through a tough time in your life when a little help could ease your burden? You are part of our caring community, so don’t hesitate to ask for help!! Our Care Team is ready to provide support services, including transportation, brief respite care, support for caregivers, light housecleaning, and meals during a crisis. If you need assistance, you may call the monthly Care Team coordinator directly or contact the church: 206-363-7994 / [office@shorelineuu.org](mailto:office@shorelineuu.org). You will be referred to a Care Team Coordinator who will listen to you and match your needs to someone who will provide the appropriate help. Your request is confidential. **The October Coordinator is Eliza Sutton 206-363-2197. (Laura McCarty is her backup).**

## RELIGIOUS EDUCATION

*TERESA BAIN – INTERIM DIRECTOR*

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It's been a busy month in Shoreline's Youth and Children Religious Education Program! Our Sunday morning classes are in full swing and have dived into their curriculum with lessons including "Building Community," "Lessons for Life," learning about UUs Susan B. Anthony and Clara Barton. Our Youth Group began the year by creating a covenant of how they want to be together. Several youth are attending Fall Con later this month. Our COA program launches October 11, with the special Lighting of the Flame ceremony. **We are off to a FANTASTIC year together!**

### Here is a month's worth of THANK YOUs...

- \*Those who helped our youth with their bake sale fundraiser. Money earned will help our youth attend Fall Conference.
- \* Carrie Cameron and Sharon Maynard for attending Youth Advisor Training.
- \* Laura Banks for volunteering to attend Our Whole Lives training.
- \*Nancy Slocum for meeting with each youth about the COA Program.
- \*Neal Conner & Lauren Harris for being a part of our COA Team.
- \*Sarah Howes for providing childcare during Board meetings.
- \*The teachers, assistants and advisors who lead our Sunday classes.

### How can you help?

**Parents :** Turn in your completed registration forms for your children and youth.  
Pick up your children directly after services from their classrooms.

**Congregation:** The youth would like a mini fridge for their classroom.  
We need a teacher for the 10-12 year-olds' class Sunday mornings.  
Snack donations for our children's Sunday morning classes would be appreciated.  
The youth need one more chaperone for their Youth Con, Oct. 16-18.

### October Calendar

Sunday, Oct. 4	Children's RE Classes	Youth Group 12-2
Sunday, Oct. 11	Lighting of the Flame for Coming of Age Program	
	Children's RE	Youth Bake Sale
	Youth Group 12-2	
	COA Meeting after church (Initiates and Mentors)	
Friday, Oct. 16	Youth leave for Fall Con at Camp Randle	
Sunday, Oct. 18	Children's RE	No Youth Group (they return from Con)
	RE Committee Meeting 12-1:30, Chrysalis Hall	
Saturday, Oct. 24	COA Initiates and Mentors leave for COA Retreat	
Sunday, Oct. 25	Children's All-Age Worship (Children meet in Chrysalis Hall)	
	Youth Group 12-2	
	COA Initiates and Mentors return from COA Retreat	

From the prophet, Kahlil Gibran, “and a merchant said, Speak to us of Buying and Selling. And he answered and said: to you the earth yields her fruit and you shall not want if you but know how to fill your hands. It is in exchanging the gifts of the earth that you shall find abundance and be satisfied. Yet unless the exchange be in love and kindly justice, it will but lead some to greed and others to hunger.

...and before you leave the market place, see that no one has gone his way with empty hands. For the master spirit of the earth shall not sleep peacefully upon the wind till the needs of the least of you are satisfied.”



I linger over the image of the Market Place. Baskets are filled with gifts from many directions — vegetables and fruits grown in home gardens; musical gifts shared any time of the month; thoughts and feelings exchanged as we care for each other. We shall find abundance and share in it here at Shoreline UUC.

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## **New Member Orientation right after the Congregational Meeting on Sunday, October 4**

Are you interested in becoming a member of Shoreline Unitarian Universalist Church? Here's your chance! Our next orientation meeting will be Sunday, October 4, in the Conference Room, immediately following the Congregational Meeting. Come learn about our religion and about the background of our particular church. Everyone is invited (even those already members!), and this is a class that all prospective members should take. A light lunch will be provided; please let us know if you would also like us to have childcare available.

If you want to take advantage of this opportunity to talk about UUism and SUUC, and your possible role here, please call the office: 206-363-7994. You can also discuss this with people at the Welcome Table in church any Sunday.

P.S. Have you already taken the class, or are you a longtime UU who's ready to join us in the Ingathering of New Members? Excellent! Our next Ingathering will be at the beginning of the service, October 11. Contact the office to let us know you'll be joining us.

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## **Board Highlights**

Thomas reported that Seattle University School of Theology is planning to become interfaith beyond only Christian. They credit the influence of Unitarians in opening them up to this change.

**What do you want us to be and put out in the world?** We began of the process of changing our mission statement to something more concise and memorable on September 20 after church.

Watch for four themes for the Sundays in October. Also we will begin our stewardship campaign.

Religious Education program for children began on September 20.

Draft budget for 2010 has been completed by Bill Roach and his Committee members.

We discussed of the number of volunteer hours that are put into running the church and how many people don't realize how many hours it takes.

### Project at Food Lifeline Continues into Fall and Winter

Have you come to the Food Lifeline service project yet? It's rare to have so much fun with folks you care about while being truly useful! At Food Lifeline volunteers are crucial to the process of repackaging donated or rescued food to prepare it for food bank shelves. Will we pack apples? Cereal? The need varies, and so do the tasks. Children over six are welcome, so it's a great inter-generational evening—but minors need a note of permission if not accompanied by a parent/guardian.

**October Date:** TUESDAY (not Thursday), October 27. Come to Food Lifeline (not the church) for an optional potluck at 5:15. The project begins promptly at 6 p.m. and ends at 8 p.m.

**For your Fall/Winter Calendars:** Beginning this month, the Food Lifeline Project moves from Thursday nights to Tuesday nights (to avoid a conflict with choir practice). Please put November 17 and January 28 on your calendars. (SUUC will not be packing food in December.)

**Address:** Food Lifeline is at 1702 NE 150th Street (near the former Fircrest School area), just off 15<sup>th</sup> Avenue NE in Shoreline.

Please sign up at the Welcome Table or by contacting Carol Roach ([carolcroach@gmail.com](mailto:carolcroach@gmail.com) or 206-529-0369).

### Stewardship

Last month we introduced the spirit of 2010 Stewardship at SUUC: “What’s in it FROM me?” A community like ours is here to give AND to receive. And it really is impossible to talk about “What’s in it FROM me?” without also discussing “What’s in it FOR me?” They really are two sides of that proverbial, well-handled coin. Is time spent in choir practice something given to SUUC or something received from it? Speaking for myself, is the Care Team something I do FOR SUUC or something I get FROM the feeling of helping out in some small way? You see, it’s not possible to talk about this place in other than a give AND receive fashion. We take from it what helps us: Thomas’ sermons, friendly handshakes (and during swine flu, elbow shakes), even just that hour of quiet contemplation on Sunday morning. And for some, for periods of time, that may be all the bandwidth that they have for interacting with the church. But often, after a time of receiving, when things are calmer in one’s life or just when the human desire for fairness kicks in, the urge to give back, and the understanding that the church needs us all to contribute our time and talents (silver or otherwise), remind us to consider our pledges to one another. We are stakeholders in the common good that is SUUC.

During the month of October, the Stewardship Committee is helping to plan the services in what Thomas, jokingly I hope, has called “the month of Sundays.” Each Sunday in October we will highlight a different aspect of stewardship: Care Team, Religious Education, Music and Social Action. Thomas’ sermons will tie in with these themes on these four Sundays. These are not the only parts of stewardship, but Thomas would probably not appreciate a “Quarter of Sundays,” so we’re just calling out a few of the ways that we give to ourselves and receive from ourselves. In early November, we will have a service to appreciate our staff and volunteers. Finally, in mid-November we will close the call to stewardship with Stakeholder Meetings during which we will pledge our contributions of time and money to one another.

“But isn’t this all really about fundraising in the end?” Ah, grasshopper, your skepticism is well placed. There is no way we can remain a community for all of this giving and receiving, helping and being helped, without a hearth around which to gather and hearth-keepers to tend the fire. BUT, it is also true that there is no reason to sit around the fire at all unless we receive the warmth or the light or the companionship of our fellow fire-sitters. It is the songs and the lessons and the binding up of wounds that call us from our home fires to our communal chalice fire to give and receive of ourselves. It IS about money. And it is about SO MUCH more.

—by *Laura McCarty for the Stewardship Committee*  
*Laura Banks, Rigby Biddle, Cindy Lyons, Laura McCarty, Donald Patrick,*  
*Bill Roach and Rick Wilson*

## What's the deal with "Novel H1N1 Influenza" (swine flu)??

By Eliza Sutton

### Why the fuss?

Most people are susceptible to a novel flu strain. The concern is that a novel flu like this H1N1 swine-human hybrid virus might *possibly* re-enact the 1918 flu epidemic, which sickened 500 million people and killed 50 million people worldwide and was particularly severe in young healthy people (due to their intense immune response).

Like the 1918 flu, this novel strain disproportionately affects younger people — in this case, younger than 50 (or 64) years. (Many older people have antibodies from some past strain which, coincidentally, protect against this one.)

The 1918 flu appeared first in the spring, as did this novel flu strain. The 1918 flu was far more virulent when it returned in the fall; that *possibility* is what scares the experts now. So far, most illnesses from this flu have been "mild" (still, a miserable experience). People with suppressed immune systems, including pregnant women, have been more likely to get seriously ill. No one can predict the worst this virus will bring, but it *is* going to infect a lot more people this year.

### When is this flu coming?

It's here! King County is seeing five times more flu cases than usual this time of year. Other respiratory viruses are also around (as usual). "Seasonal" flu cases usually peak here in early spring, so this "flu season" could last six months.

### Who's most at risk?

Anyone who doesn't have antibodies against the virus — in this case, most people younger than 50, or maybe 64 — who encounters infectious droplets from an infected person. People with suppressed immune systems from any cause, including pregnancy in this case, are at highest risk for serious illness. Older people are at higher risk for serious infection, including pneumonia, from the *usual* seasonal influenza strains.

### How long is the contagious period?

Flu is most contagious in the first three days of symptoms, though (as with colds) the virus can spread to other people even before symptoms appear. Assume someone is contagious until 24 hours after fever resolves without fever-reducing medications such as acetaminophen — which could be as long as seven days! Flu virus can last for 1-8 hours (or until killed with disinfectant wipes or spray) on hard, smooth surfaces. On soft or porous surfaces, such as skin or cloth, it lasts 20 minutes.

### What general measures should everyone take?

- Identify a buddy or two to call on if you get sick, and to help if they get sick.
- Get enough sleep. Eat a nutritious diet.
- Get a flu shot now.
- Get vaccinated against novel H1N1 influenza when you can. (It will be offered to certain at-risk groups at first, but probably to everyone before long.)
- Avoid touching your hands to your face.
- Wash your hands frequently: rub in alcohol-based sanitizer until it dries, or wash with soap and warm water for 20 seconds.
- Cough or sneeze into a tissue or into your clothing (inside your shirt, or onto the sleeve of your upper arm).
- If you feel sick (fever, cough, sneezing, achy all over), **stay home** until 24 hours after fever resolves without medications.
- If you must be with other people while ill, wear a mask to reduce your spread of droplets.
- If you feel really sick, **call** your doctor to review symptoms and get advice. (Phone triage reduces the risk of spreading the virus in waiting rooms.)

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### Referendum 71: Why does our Congregation Need to Vote?

On October 4, our Congregation has been called to a special congregational meeting to determine our collective stance on Referendum 71, the Domestic Partnership issue that will appear on the November ballot in Washington State. Some folks may be wondering, "Why are we considering endorsing a particular referendum? Isn't that political?" Well, yes, it's political. Here's the way I see it: the way our society evolves toward more just, equitable, and humanitarian policies is through political processes. That's how child labor was banned and how women and non-white citizens got the vote. As a community of faith, we are banned from promoting particular candidates for public office, but SUUC Bylaws enable us to discuss and endorse any issue that we find relevant. The march toward marital rights for same-sex couples is certainly one of the top issues of our time.

A little background: Last spring our state legislature passed and Governor Gregoire signed the Domestic Partnership Expansions legislation, which guarantees domestic partners all rights and benefits of marriage under Washington State law. Many UUs in our state have been hoping (and working!) for full marriage equality for Washington's same-sex partners who choose marriage, but – for now – this new law creates their immediate protection. Recently, opponents of Domestic Partnership have collected signatures to put the issue up for the Washington voters in the November election. This group hopes to repeal the Domestic Partnership Expansions

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### Highlights from the FUNdraising Committee

The FUNdraising Committee is excited about a brand new event coming to Shoreline UUC this fall—

#### **"An Evening of Music, Mime, and Memories"** Entertainment for All Ages When: Saturday, October 17 starting at 7 p.m.

Featuring: Tom Dunn, a professional mime; Spirit Hand, Shoreline's own music group; and Frog Uding, master storyteller

Cost: \$5 each; children 12 and under are free; \$20 per family up to 6 people

#### **Shoreline UUC Farmer's Market** Sunday, October 4; 9:30 a.m. - 1 p.m.

You won't want to miss this popular event! We will be selling:

- Donated surplus fruits and vegetables from your gardens,
- Fresh orchard fruit from Chelan County by the box or by the pound, and,
- Freshly cut flower bouquets

Calling all gardeners: Please bring in your surplus garden produce before the beginning of the sale.

#### **Chinook Coupon Book Sale**

The sale of Chinook coupon books will begin at the Farmer's Market on October 4. These books are filled with discount coupons on products and services supporting sustainable living practices. They sell for \$20— an amount easily saved by using one or two coupons. SUUC makes \$10 for each sale. Books will be sold through November 8. They make great holiday gifts!

The FUNdraising Committee is seeking new members and a new Committee Chair. Please call the current Committee Chair, Nola Beeler, at 425-774-3297 for more information.



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legislation. It will appear on the November ballot as Referendum 71. (*A YES vote will support domestic partnership rights; a NO vote will oppose them.*)

An impressive list of churches and other organizations have already endorsed the APPROVE R-71 position. As of this writing in mid-September, 165 endorsing groups are listed on the website of the Washington Families Standing Together website. Here are some church-based groups you may know: *Washington State UU Voices for Justice, Bellingham Unitarian Fellowship Social Justice Committee, First United Methodist Church of Tacoma, Richmond Beach United Church of Christ, Seattle First Baptist Church, Temple B'nai Torah, Temple Beth Or, Temple Beth Am, Temple de Hirsch Sinai, University Unitarian Church, Vancouver (WA) United Church of Christ, Washington Association of Churches, Westside Unitarian Universalist Congregation.*

Like most UUs, I don't walk around talking about my "faith's values." However, in this case, I am happy to be guided by Unitarian Universalist Principles that affirm "the inherent worth and dignity of all people" and the need for "justice, equity, and compassion" in human relationships. That's what we'll be voting about after church on October 4.

**Note: Following our Bylaws, we'll need a minimum of forty members for a quorum. Please come to let your voice be counted!**

— by Carol Cellman Roach,  
Great Turning/ Social Action Team

## Adult Programs at SUUC this Fall

Our Adult Program offerings are as varied as the dahlias blooming now in the gardens.

- A four-part class, **"Exploring the Landscape of Aging: Transitions and Resources,"** will be presented Wednesdays in October. Instructor Barbara Green, MSW, has accrued many years of professional experience working with families and caregivers. Class topics include: 10/07 "What Gives Meaning in Later Life?," 10/14 "Caregiving and Memory Loss," 10/21 "Long-term Care Planning: Personal and Financial Considerations," and 10/28 "Community Resources." The series costs \$40 and meets from 6-8 p.m., with snacks available at 5:30. To register, please call Hilda Kahle at 206-365-6355.
- **"Women's Circles and Gatherings."** Saturday, October 17, 10 a.m.-12:30 p.m. in Chrysalis Hall. Facilitated by Sharon Riegie Maynard.

In days past, women gathered around the kitchen table to make jam together. They brought their babies and sat to spin wool or knit sweaters. Even more distantly they gathered monthly during their menses, and you can bet that a lot of ideas and concerns for their villages were discussed for implementation when they went home.

Women's needs have not changed all that much. They are still nurtured by other women. They are still multitasking and need a regular respite for themselves. Their communities would starve without women's regular insight and feeding.

So, what do you, as a woman in the Shoreline UU community, need? What do you want to contribute to your sisters? What would you like to discuss within the wisdom of other women?

We could add drumming, storytelling, Soul card creation, recipe sharing, and so many other possibilities in a monthly meeting.

We invite you to join together to share your thoughts, desires, passions. This is a circle of invitation and exploration.

- A peek into November — a fun evening of **"Line Dancing for All Ages,"** an all-church event including pie and ice cream. Friday evening, November 13. More details to follow.

Childcare is offered for all Adult Programming with 24-hours notice.

You may have a suggestion or a passion to share with the congregation. See the Adult Program form at the Welcome Table or contact anyone on the Committee: Laura McCarty, Joan Kerns, Homer Henderson, Shannon Presley, Nancy Macdonald, Ann Skutt, Hilda Kahle, and Susan Morrisson.

## Thursday Evening Chalice Circle

Across the nation Unitarian Universalist congregations are developing addictions ministries for families and individuals coping with addictions and compulsive behaviors. The integration of our Seven UU Principles with traditional 12-step approaches to recovery is often a concern.

This year, the Chalice Circle here at SUUC facilitated by our Addictions Ministry Team will be focusing on this “7 – 12 Connection.” It is open to all.

We will meet in the Sanctuary on the first and third Thursday evening at 7:30 p.m. Come join in on October 1 and/or October 15 and help us get started for the year.

For more information, please contact Bill Norton, 206-632-7177, or Chris Poole, 206-542-9271.



## Full Moon Concert Series - Tickets on sale soon!

Fred West has finalized the performers for this year's Full Moon Concert Series — and it is a great lineup! Stay tuned for the details and get ready to purchase your tickets. We have some super package deals for you this year. You and your guests will really enjoy the quality and variety of offerings. These tickets make outstanding gifts! Coming soon .....

## Offering Plateshares Continue during the New Church Year

As UUs, we care deeply about injustice, about human suffering and hunger, and about folks struggling for basic human rights—both in our own community and around the world. We can't take direct action to address all of these problems, but we can do *something*: we can offer financial support for some of the remarkable nonprofit groups that DO take direct action.

In last spring's all-church survey, one of the church programs that received very strong support was this monthly tradition of sharing 75% of the proceeds of one offering a month with an exemplary nonprofit organization. Not only is the plateshare something our congregants feel great about doing, but it also increases compassion and awareness about human realities both nearby and in distant lands.

And here's an astonishing fact: on plateshare Sundays, our church actually receives more, not less. Our church community contributes especially generously on plateshare Sundays so that the 75% that goes to the chosen organization ranges from \$300 to \$1,000. As a result, the 25% designated for the church is still a tidy sum. It really is a win-win!

Where have our contributions gone? Here are some examples:

- women's small businesses in Mexico (Las Mujeres de Maiz)
- multi-service programs for folks in need in North King County (Hopelink)
- flood victims in Pierce County
- Seattle programs to house and employ women (YWCA of Seattle/King County)
- the first Birthing Center in Tibet (Tibetan Healing Fund)
- legal support for Seattle's low-income immigrant groups (Northwest Immigrant Rights Project)
- responsible, self-governing tent cities for homeless adults (SHARE/WHEEL)
- local high school youth doing the grassroots social justice work in Guatemala
- local homeless children returning to school and in need of school supplies
- advocacy and services for the LGBT community in the Northwest (Equal Rights Washington)
- local food programs (Northwest Harvest and Food Lifeline),
- services for Seattle's mentally ill homeless adults (Downtown Emergency Service Center)
- programs to advocate for employment rights among low-wage workers (Interfaith Workers' Justice)

**Do you want to suggest an exemplary nonprofit to receive SUUC support? Contact Carol Roach ([carolcroach@gmail.com](mailto:carolcroach@gmail.com) or 206-529-0369) before October 15 to nominate a 501(c)3 non-profit recipient.** On Sunday, October 25, our SUUC community members will be asked to vote (via sticky dots on butcher paper) for their preferred recipients for plateshares to be held November 2009 through May 2010.

## SUUC's Day of Planetary Action: October 25, 2009

The number 350 is becoming household shorthand for facing the challenge of climate change. That's because 350—as in parts per million (ppm)—has been identified by scientists as the safe upper limit for CO<sub>2</sub> in our atmosphere. The current CO<sub>2</sub> level is 387 ppm. So 350 is not just a number. It's a symbol of where we need to head as a planet if—according to NASA's James Hansen and a team of other scientists—“we wish to maintain a planet similar to the one on which civilization developed.”

2009 is an absolutely crucial year. This December, world leaders will gather in Denmark for the Kyoto II Conference of 180 nations to craft a new global treaty on cutting emissions. According to Bill McKibben, the environmentalist and author who leads this movement, the resulting treaty will be woefully inadequate unless demonstrations around the world alert negotiators that we are serious about getting back to 350 ppm—swiftly.

October 24 was selected as “Three-Five-Oh Day” or the Day of Planetary Action around the world. It comes six weeks before those crucial meetings in Copenhagen. “If we all do our job,” says McKibben, “every nation will know the question they'll be asked when they put forth a plan (at Kyoto II): will this get the planet back on the path to 350?”

McKibben's passion is contagious, and the three-five-oh, as it is called, has become a global movement. It's starting to bubble up everywhere. “Farmers in Cameroon, students in China, even World Cup skiers have already helped spread the word about 350. Churches have rung their bells 350 times; Buddhist monks have formed a huge 350 with their bodies against the backdrop of the Himalayas.”

The UU Ministry for the Earth is encouraging each congregation to develop some event—small or large—to increase awareness of the message that “350” carries. *The real purpose is to fix our minds on a concrete goal for a livable future on this planet.*

So...here's a 350 plan for our congregation. On two Sundays, October 18 and October 25, each household will try to bring between 1 and 10 cans/packages of non-perishable food to the morning service. At the end of the service on October 25, we will arrange the food on the grass in the orchard in the shape of a huge number 350. We are hoping for an aerial photo to send into UUA and to the US UN delegation. Then, of course, the food will go to Northwest Harvest.

— by Carol Cellman Roach

(continued from page 7— Flu)

### How can I help someone who's sick?

Help the person **stay home**: check on them regularly **by phone**. Offer support and comfort, but don't get sick yourself. Bring them things they need, including groceries or meals and over-the-counter medications for flu symptoms. Urge fluids if they have little appetite. Drop off books or DVDs to stave off cabin fever. Offer to run errands. If the person seems quite ill, assist in contacting a nurse or doctor to ask for advice on whether or not to bring the person in for medical evaluation.

### Sunday Dream Group

Facilitated by Tricia Davis and Charleen Adams, our group meets on the second Sunday of each month. We will meet October 11 right after the service, 12 to 2 p.m. in the East Chrysalis Room. Please come to share your dreams or to simply participate in the group, searching cooperatively for the meanings in the dreams shared by others. Sharing dreams in a group this way strengthens the fabric of community and helps to meet our desire for belonging and connection.

### REMINDER:

**Daylight Savings Time ends  
November 1. Turn your clocks  
back 1 hour before you go to  
bed on October 31.**

**Administrator's Notes**

**IMPORTANT NEWS ABOUT SOUNDINGS:** This is the last month we are mailing hard copies of Soundings to everyone. I am sending it by email for the first time (as a .pdf). Printed copies will be available at the Welcome Table at all times. Hard copies will be mailed to those without email and to those who request it. Switching to an online version of Soundings will preserve trees, save the church money on paper and postage, and reduce our copy machine lease rate. Many thanks to the loyal newsletter mailing crew—Virginia Reid, Rose Lagerberg, and Hilda Kahle—for their years of diligent work!!

Please send your comments to [office@shorelineuu.org](mailto:office@shorelineuu.org) or call 363-7994. Thanks!

**DIRECTORY:** The new church directory has been copied and is ready to be picked up from the Welcome Table in the Sanctuary. If you find errors or changes that need to be made, please let me know and I will print a page of the corrections in late October.  
 — Laurie Radin, Administrator

**October 2009 Schedule – Greeters, Ushers and Coffee Servers**

<b>Date:</b>	<b>Greeters:</b>	<b>Ushers:</b>	<b>Coffee Servers:</b>
October 4:	Sallianne Davis & Jan Soderling	Molly Holmes & Shirley Beresford	Carrie Cameron
October 11:	Carol June & Lex Voorhoeve	Barbara Stilson & Tracy Monaghan	Dave McCarty & Ben Tompkins
October 18:	Barbara Stilson & Rose Lagerberg	Marge Hampton & Christina Horst	Meg Davis & Eliza Sutton
October 25:	Marilyn Thompson & Lex Voorhoeve	Mary Ann Douglas & Tracy Monaghan	Volunteer Needed

**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. Articles are accepted in any readable format, but PC-compatible electronic copies are appreciated. Email articles to [office@shorelineuu.org](mailto:office@shorelineuu.org) OR place hard copy in the Administrator's mailbox inside the conference room. No telephone submissions will be accepted.

**Thursday, October 1**

9:30-11 a.m..... Food for Soul, Forster Residence  
 6-7:30 p.m..... Choir Practice, Sanctuary  
 7-8:30 p.m..... Common Threads Chalice Circle,  
 Conference Room  
 7:30-9 p.m..... Addictions Ministry Chalice Cir., Sanctuary

**Friday, October 2**

10:15-11:30 a.m.. Friday Meditation, Nursery

**Sunday, October 4**

9:30 a.m.-1 p.m..... Farmer's Market, in front of Church  
 10:30-11:30 a.m..... Worship Service, Sanctuary  
 12 - 1 p.m..... Special Congregational Meeting/potluck,  
 Sanctuary  
 12 -2 p.m..... Senior Youth Group, North Room  
 1-2:30 p.m..... Newcomer's Orientation, Conference Rm.

**Monday, October 5**

6-7:30 p.m..... Mondays with the Minister, Conf. Room

**Tuesday, October 6**

7-9 p.m..... SUUYAG (18-35), Sanctuary

**Wednesday, October 7**

6-8 p.m..... Exploring Landscape of Aging, Chrysalis  
 7:15-8:45 p.m..... Wednesday Chalice Circle, Conference Rm.

**Thursday, October 8**

1:30-3 p.m..... Tolle Group, Conference Room  
 6-7:30 p.m..... Choir Practice, Sanctuary

**Friday, October 9**

10:15-11:30 a.m..... Friday Meditation, Nursery

**Sunday, October 11**

10:30-11:30 a.m..... Worship Service, Sanctuary  
 12-2 p.m..... Dream Group, East Chrysalis Room  
 12-2 p.m..... Senior Youth Group, North Room

**Monday, October 12**

1-2:30 p.m..... Monday Chalice Circle, Conference Room  
 6-7:30 p.m..... Mondays with the Minister, Conf. Room

**Tuesday, October 13**

7-9 p.m..... Women's Group, East Chrysalis Room

**Wednesday, October 14**

1-2 p.m..... Music Committee, Conference Room  
 6-8 p.m..... Exploring Landscape of Aging, Chrysalis  
 7-9 p.m..... Board Meeting, Conference Room

**Thursday, October 15**

9:30-11 am..... Food for Soul, Forster Residence  
 6-7:30 p.m..... Choir Practice, Sanctuary  
 7-8:30 p.m..... Common Threads Chalice Circle, Conf. Rm  
 7:30-9 p.m..... Addictions Min. Chalice Cir., Sanctuary

**Friday, October 16**

10:15-11:30 a.m.....Friday Meditation, Nursery  
 12-1 p.m.....Senior Brown Bag Lunch, Conf. Room  
 1:30-2:30 p.m. ....Membership Meeting, Conf. Room

**Saturday, October 17**

10 a.m-12:30 p.m... .Women's Circle, Chrysalis  
 7-9 p.m. ....Evening of Music, Mime and Memories,  
 Sanctuary

**Sunday, October 18**

10:30-11:30 a.m.....Worship Service, Sanctuary  
 12-1:30 p.m. ....RE Committee Meeting, Chrysalis  
 12-2 p.m. ....Senior Youth Group, North Room  
 7:30-8:30 p.m. ....SoulSong Service, Sanctuary

**Monday, October 19**

7-9 p.m. ....Stewardship Cottage Meetings, Confer-  
 ence Room

**Tuesday, October 20**

10 a.m. ....SOUNDINGS Deadline  
 7-9 p.m. ....SUUYAG (18-35), Sanctuary  
 7:30-9 p.m. ....3rd Tuesday Book Group, Conf. Rm.

**Wednesday, October 21**

6-8 p.m. ....Exploring Landscape of Aging, Chrysalis  
 7-9 p.m. ....Stewardship Meeting, North Room  
 7:15-8:45 p.m. ....Wednesday Chalice Circle, Conf. Rm.

**Thursday, October 22**

1:30-3 p.m. ....Tolle Group, Conference Room  
 6-7:30 p.m. ....Choir Practice, Sanctuary  
 7-9 p.m. ....Stewardship Cottage Meetings, Conf. Rm.

**Friday, October 23**

10:15-11:30 a.m.....Friday Meditation, Nursery  
 7-9 p.m. ....Stewardship Cottage Meetings, Conf. Rm.

**Sunday, October 25**

10:30-11:30 a.m.....Worship Service, Sanctuary  
 12-2 p.m.....Senior Youth Group, North Room

**Monday, October 26**

1-2:30 p.m. ....Monday Chalice Circle, Conference Room

**Wednesday, October 28**

6-8 p.m.....Exploring Landscape of Aging, Chrysalis

**Thursday, October 29**

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

**Friday, October 30**

10:15-11:30 a.m.....Friday Meditation, Nursery

**SHORELINE UNITARIAN  
UNIVERSALIST CHURCH**

14724 First Avenue NE  
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Website: www.shorelineuu.org

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Rev. Amanda Aikman, *Minister Affiliated*  
Susan Morrisson, *Intern Minister*  
Teresa Bain,  
*Interim Director of Religious Education*  
*Youth Ministry Coordinator*  
Frederick N. West, *Music Director*  
Laurie Radin, *Administrator*

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*Board of Trustees:*  
Tracy Monaghan—*President*; Todd Crandell—*Vice President*; Bill Roach—*VP Finance*;  
Heidi Henriksen—*Secretary*. Members:  
David Duke, Ben Tompkins, and Julie Houff

We affirm and promote:  
*The inherent worth and dignity  
of every person;*

*Justice, equity and compassion  
in human relations;*

*Acceptance of one another and encour-  
agement to spiritual growth in our  
congregations;*

*A free and responsible search for truth  
and meaning;*

*The right of conscience and the use of  
the democratic process within our con-  
gregations and society at large;*

*The goal of world community with  
peace, liberty and justice for all;*

*Respect for the interdependent web of  
all existence of which we are a part.*

**SHORELINE UNITARIAN  
UNIVERSALIST CHURCH**

has declared its buildings  
and grounds a  
**Weapons-Free Zone**

SUUC is a UUA-certified  
**Welcoming Congregation.** We  
welcome diversity of ability, age, class,  
culture, ethnicity, gender, race, reli-  
gious and nonreligious backgrounds,  
and sexual orientation.



**OUR CONGREGATION**  
is a member of the Unitarian  
Universalist Association

If you no longer wish to receive this newsletter, please check the box at left and return. We will pay postage. *Thank you.*

*Soundings*

**Shoreline Unitarian  
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14724 First Avenue NE  
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**October 2009**

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