

The Saltwater Scroll

The Newsletter of Saltwater Church

A Place to Belong, Grow Your Soul, and Change the World

October 2015 Newsletter

Worship Services

All worship services are at 10:30 a.m. on Sunday mornings unless otherwise noted.

Sunday, October 4
“The Danger of Safety”
With Rev. Dr. James Kubal-Komoto

A “Meet the Minister” gathering for recent visitors will happen at 12 noon in the church office after today’s worship service.

Sunday, October 11
“Rediscovering Us”
With Rev. Dr. James Kubal-Komoto

This morning Reverend James reflects on Black Lives Matter, the Best Starts for Kids levy, the Federal Way Day shelter, and the climate change movement.

Sunday, October 18
“Loving Ourselves and One Another, Warts and All”
With Rev. Dr. James Kubal-Komoto

Our annual forgiveness ritual will take place during this morning’s service.

There will be a potluck lunch after this morning’s worship service. Please bring a dish to share.

Sunday, October 25
“What about God?”
With Rev. Bruce Davis, Guest Minister

The Rev. Bruce Davis is the Minister Emeritus of the Evergreen Unitarian Universalist Fellowship in Marysville, Washington.

Board of Directors

Sharon Crow, President
Lisa Key, Vice President
Echo Allen, Secretary
Gaye Greeves, Treasurer
Aaron Sperry
Quinn Rose
Saphronia Young

The Board of Directors may be contacted by email at board@saltwaterchurch.org. Phone numbers and addresses are listed in the church directory. Board officers will be elected at the July board meeting.

Church Office Information

Office: (253) 777-4994 or (844) 480-0647 (toll free)

Email: info@saltwaterchurch.org

Website: www.saltwaterchurch.org

Church office hours: Sue Eaton, our church administrator, is usually in the office Monday, 7 a.m. - 5 p.m.; Wednesday, 3 p.m. - 8 p.m.; and Friday, 7 a.m. - 2 p.m. She sometimes runs errands, so please call before stopping by.

Minister and Staff Contacts

Any staff member may be reached by phone by calling (253) 777-4994.

Minister: Reverend James Kubal-Komoto
Email: minister@saltwaterchurch.org

Director of Family Ministry: Melinda Einander
Email: melinda@saltwaterchurch.org

Music Director: Paula Mayfield
Email: paula@saltwaterchurch.org

Choir Director: Tom Burt
Email: tom@saltwaterchurch.org

Church Administrator: Sue Eaton
Email: sue@saltwaterchurch.org

Minister's Schedule

Reverend James is at the church Sunday through Thursday most weeks. His days off are Friday and (sometimes) Saturday. He is available for appointments late mornings, early afternoons, and evenings. Feel free to call him on Fridays and Saturdays, but unless it is an urgent matter, he may not return your call until later.

Church Calendar

The church calendar is on our website, at www.saltwaterchurch.org/calendar. To have an event put on the church calendar, contact church administrator, Sue Eaton, or visit www.saltwaterchurch.org/calendarrequestform.

Deadlines

The deadline for announcements for the Weekly Emailed Announcements and the Order of Service is **Wednesday by 10 a.m.** The deadline for the newsletter is the third Sunday of every month. The next newsletter deadline is Sunday, October 18.

To submit any announcement or newsletter content, visit www.saltwaterchurch.org/publicity. If you email an announcement, please use the announcements@saltwaterchurch.org address only. If you email a newsletter article, please use the newsletter@saltwaterchurch.org address only.

Our Welcoming Community

Meet the Minister

A “Meet the Minister” gathering will take place on Sunday, October 4, at 12 noon in the church office. This is an informal get-to-know-you gathering for recent visitors and is also a chance to learn more about Saltwater Church and Unitarian Universalism.

Our Learning Community

Saving Jesus

Have you ever felt like Jesus was kidnapped by the so-called Religious Right and ignored by the Secular Left? Have you ever yearned for a better understanding of who Jesus really was, and what he really taught?

Reverend James will lead this six session class beginning in October. In each class, participants will watch a 30-minute video and then have a guided group discussion.

The class will meet Wednesdays, October 7, October 21, November 4, November 18, December 2, and December 16, 7-9 p.m. Childcare will be available if requested. To sign up, visit www.saltwaterchurch.org/classes or call the church office at (253) 777-4994.

Aging with Spirit

Aging with Spirit will meet October 25, 12- 1:30 p.m. in the church office. We will continue to discuss and share the book *Being Mortal* by Atul Gawande, chapters 5 and 6. Snacks are welcomed.

Yoga

By Katie Hardin

Katie Hardin will be teaching a free yoga class in the Sanctuary on Sunday, October 25, at 12:30 p.m. for combating computer and commute posture. No sign-up is required.

Compassionate and Choices of Washington Workshop

By Carol Sandoval

A workshop on end of life choices will be held at our church on Sunday, November 8, 12:30 – 3 p.m., presented by Compassionate and Choices of Washington. Presentation will cover information needed to make end of life choices that can be shared with loved ones and medical providers. It is important that people of all ages consider these issues, discuss them with those that they care about and document their desires.

This presentation is not just for elderly people. Younger people also need to prepare for unexpected futures and all people 16 and over are encouraged to attend. Those who attend can complete medical advance directives if they choose before leaving the workshop.

A light lunch will be provided for a suggested donation. All are invited. People can register by contacting Compassion and Choices at (206) 256-1636 or at associate@compassionWA.org.

Members of the organizing committee will also be available after church on Sundays, October 11, 18, and 25 to register those who wish to attend. Space is limited.

For more information, contact Cynthia Bagley, Sue Eckersley, Rosie Olds, Carol Sandoval, or Gean Dindia.

Workshop at Saltwater Church on SOULCOLLAGE®

By Mayda Taney

Make Your Own Personal Cards to Dive In: Workshop: Saturday, January 2, 2016 - 9 a.m. -6 p.m.

Go to SoulCollage.com and learn more. And If you would like to get started on making your own cards before the retreat , read : “SoulCollage® Evolving” by Seena Frost, the grandmother of SoulCollage® or talk to Mayda Taney, a certified SoulCollage® facilitator.

Keep an eye out for more details for registration. There will be an early bird rate. This will be open to the wider community of churches and SoulCollagers who like a whole day to relax, make cards and find beauty in themselves and amongst others

Our Caring Community

Creative Hands

By Betsy Sproger

Do you enjoy knitting or crocheting? We meet to do our own creative projects regularly on the second and fourth Mondays at 7 p.m. in the Welcoming Room. Bring what you have been working on at home, and share it with others.

Among Ourselves

We send our sympathy to Lucia Faithfull, whose stepdaughter, Barbara-Jean Stevenson, died in August.

We hold in our hearts Barbara and Jim Bascom. Jim's brother Charles died in Manhattan, Kansas, on September 18.

We wish a good recovery to Barbara Vannier as she continues to recover from a stroke.

We send healing wishes to Jean Sundborg after successful breast cancer surgery.

Our Caring and Lay Ministry Teams

Both the Caring Team and the Lay Ministry Team at Saltwater Church help members of our community during difficulty, transition, and crisis. Members of the **Caring Team** can sometimes help with some of the following tasks: Bringing meals, providing emergency babysitting, providing respite care, providing transportation to medical appointments, buying/delivering groceries or other needed items, and meeting other specific, short-term needs. To contact the Caring Team, call the church at (253) 777-4994 and choose the option for the Caring Hotline or email caring@saltwaterchurch.org.

Sometimes during a time of difficulty, what a person needs most is someone to talk to. Members of the **Lay Ministry Team** can provide an ear to listen, a heart to care, and a hand to hold. They are also available to visit hospitalized or homebound individuals. To contact a lay minister at any time, call the church at (253) 777-4994 and chose the option for the Caring Hotline or email layministry@saltwaterchurch.org. You may also contact any one of the lay ministers:

- **Debra Valpey** (206) 243-5566 or debra@saltwaterchurch.org
- **Denise Yanega** (253) 838-7479 or denise@saltwaterchurch.org
- **Peggy O'Connor** (253) 839-1432 or peggy@saltwaterchurch.org
- **Mike Yanega** (253) 838-7479 or mike@saltwaterchurch.org
- **Phil Dindia** (253) 941-1106 or phil@saltwaterchurch.org
- **Lynn Crow** (253) 941-0860 or lynn@saltwaterchurch.org.

Our Serving Community

Sound Alliance in Action: Church Assembly on Best Starts Levy on October 15, City Council Vote on Day Shelter on October 20

By Phil Dindia

Our two projects, the Federal Way Day Shelter, and the Best Starts for Kids Levy are reaching significant moments.

The Federal Way City Council is scheduled to vote on Tuesday, October 20, on allocating \$100,000 in city funds to fund a day shelter for the homeless. There is solid hope that the yes votes will prevail, but church members are encouraged to attend the meeting to show public support for the day shelter. The day shelter will also depend on private fundraising, and the Saltwater Church board will share some of the proceeds from this year's auction fund-a-thon to help with day shelter start-up costs.

The second project is our support of the Best Starts for Kids, which will be on the November ballot as Proposition 1. Some fifteen of our members have been trained as 'Briefers', enabling them to inform groups in a fun and inspirational way about this levy. We have already held over ten briefings reaching over one hundred and thirty people hoping to sway them to vote yes and get others to do the same. We will be having three such briefings for our members, one on September 27, and another on October 7, from 7-8 p.m. and another after our service of October 11, from 12-1 p.m.

There will also be an assembly at Saltwater Church regarding the Best Starts Levy on Thursday, October 15. Inviting leaders from South King County to witness to the value of this levy and to ask them to promote this to their constituents. We are hoping to have a hundred and fifty people for that assembly.

Meanwhile until November 3, we will continue to brief groups and are starting a door bell campaign to bring out the yes vote in South King County and will be putting up signs in our neighborhoods, on the main arterials, on public bulletin boards, at businesses and colleges, and will invite you to help with this effort. You have never let us down.

2015 Hospitality House Walk - A SUCCESS!!

by Sherry Edwards, Hospitality House Meal Coordinator

We are pleased to announce the September 19, Hospitality House walk, held in Burien, raised over \$18,000. Hospitality House is a transitional shelter and 90-day program in Burien for homeless women that can accommodate a maximum of nine women at one time. In September 2000, Hospitality House was founded by twelve sponsoring churches as an ecumenical outreach to the homeless community in South King County. Saltwater Church has been an active participant in Hospitality House. This year three of our members joined the two mile walk with others for this annual fundraising event. Congrats to John and Nancy Corr and Kathy Linnell.



The bright gold "Standing on the Side of Love" were a hit.



In addition to participating in the walk, Saltwater Church provides meals, supplies, participates in fundraising and staffing the office. We'd love to have you join our team - it is the right thing to do!

If you would like to join our team, please contact one of us: Sherry Edwards, Cynthia Bagley, Carol Sandoval, Kathy Linnell or Karin Leisy.



Family Ministries

Parenting In Community...We Make Each Other

By Melinda Einander, Director of Family Ministries

In the story "How Hare Built Her Hut" a West African folktale, two animals, Hare and Monkey, argue over who can build the nicest home and hold the best feast. Through his own hard work and determination (and probably not a small measure of privilege), monkey builds a large, beautiful home that he is very proud of, and challenges Hare to do better. Hare, recognizing that she does not have the necessary skills, nor the means to finance the building of a home, instead invites all the people to come and live near her, each contributing their own best gifts and talents to building her a home and creating a magnificent feast for all to share. In the process, the people discover the joy of living in community with one another, and working together toward a common goal, creating the first village. Hare thanks them with a gift a music—a gift well-suited to community enjoyment.

Oftentimes our society teaches we should be like monkey, each of us working to better our own position, taking full credit for our accomplishments and blaming other's failures on their lack of perseverance. This story, in contrast, points out the advantages of sharing together in community.

This summer I have been reading *How to Raise and Adult* by Julie Lythcott-Haims. The author describes a culture of cut-throat, me-first parenting, which she says raised a generation of self-absorbed, often helpless, and underdeveloped young adults. While the specifics she writes about are not everyone's experience as a parent, I recognize much of what she describes within our larger culture, the context in which today's parents are raising children.

Me-first parents are isolated like monkey; they feel they have to do everything themselves. They fear their children will not be successful if they do not smooth the way for them, because the world is too cold, uncaring, and competitive. Often parents lack adequate support systems, with family living far away, the demands of career leaving too little time for parenting, and isolated by the lack of social networks.

Lythcott-Haims gives suggestions for parents to start to break free of the cultural expectations she describes, and to “raise an adult” by parenting children to develop the skills they need to be capable, functioning adults. Among her advice is giving children unstructured time, teaching them life skills, developing critical thinking skills, preparing them for hard work, allowing them to chart their own path, and normalizing struggle. In my own observation of parents and children, I see signs all around that as a culture we are moving in this direction, and it gives me hope. I think we are starting to realize that many parents can't do everything alone, and that we need to support one another more in the work of raising adults.

I think we are also realizing, more and more, that protecting our children from all of life's struggles and proving them with an over-abundance of material things and activities, while neglecting their need for developing their own capabilities, does not ultimately serve them well.

For those of us who are currently parenting children, what are your biggest challenges as a parent? For those that aren't, what challenges do you see for today's parents? How can we better support each other in our village, each sharing our gifts so that no one has to shoulder his or her burden alone and all can celebrate the joys together?

I invite parents of young children to join me monthly to discuss the joys and challenges of parenting, including how we can parent more in keeping with our personal values, and what we can do as a religious community to better support one another in raising our children to become the amazing adults we know that they can be. We'll meet monthly on the 2nd Sunday from 4-6 p.m. Sign up on the church website, or call the church office to register.

Family Ministries Calendar for October

October 4	Children and youth meet in classrooms
October 4	High School Youth Group 12-3 p.m.
October 10	All-church auction at Highline Community College; children's activities 5-9 p.m.
October 11	Children and youth meet in classrooms
October 11	Parent Class "Roots and Wings" 4-6 p.m.
October 18	Lighthouse Chapel (forgiveness ritual); children and youth meet in Community Room
October 18	Potluck lunch at noon
October 18	High School Youth Group 12-3 p.m.
October 23-25	High School Fall Conference
October 24-25	Middle School Youth overnight and Halloween party prep 6:00 p.m. (Friday night)
October 25	Children and youth meet in classrooms
October 25	All-ages Halloween/Samhain party 11:30-1 p.m.

High School Youth Conference October 23-25

A weekend for youth in 9-12 grade. This year's theme is 5 Jagged Rocks, a new translation of the 7 Principles of Unitarian Universalism: *There is unity that makes us one, All souls are sacred and worthy, Courageous love transforms the world, Truth continues to unfold, and Salvation in this life.* Together we will learn their history and meaning. Individually we will roll them around inside our minds a bit, making them a little less jagged and a little more our very own. Cost is \$115 per person. Half-scholarships are available. Final registration deadline is October 7. Talk to Melinda Einander, Director of Family Ministries for more information or to register.

Roots and Wings: Unitarian Universalist Parenting

Many parents struggle with the tension between wanting to protect and shelter our children, and wanting to help them develop the skills they need to become happy, capable adults. "Roots and Wings: Unitarian Universalist Parenting in the Millennium" addresses important child-rearing issues faced by contemporary families. This class is intended for parents with children ages 0-10. We will meet monthly on the second Sunday, beginning October 11, from 4-6 p.m. Childcare is available upon request.

Sign up online at: <http://www.saltwaterchurch.org/classes> or call the church office to register. For more information, contact Melinda Einander, Director of Family Ministries.

All-Ages Halloween/Samhain Party

Everyone is invited to celebrate on Sunday, October 25, following the service. Enjoy a haunted house created by our middle school youth, games, and activities. Adults and children are encouraged to dress in costume. Youth will sleep over at the church the night before, October 24, to prepare for the event. Watch for more information and permission slips, or contact Melinda with questions.

Trick or Treat for UNICEF

Children will trick or treat for UNICEF around the sanctuary following the service on Sunday, October 25. Please bring coins to contribute that day, as we enjoy the parade of costumes. Children who would like to also trick or treat for UNICEF on Halloween night may take a box home and return it the following Sunday.

Church Life

Scroll- Newsletter Helpers.....

By Prudi Kantz

Communication is essential to our organization. Nowadays we have many ways of communicating among ourselves; the web page, Facebook, Google email groups. However, for the majority of us the main contact is the monthly newsletter, the Scroll.

Putting out the Scroll is a volunteer effort. Our hardworking Church Administrator, Sue Eaton, prints it out. After that, volunteers fold each copy, seal it for mailing, affix a label, and take the batch to the Post Office. There are generally about 250 copies a month.

The bulk of this work takes place on the morning of the Thursday after the third Sunday each month when a group of volunteers meet in the Welcoming room to do the folding, sealing, and labeling. Unfortunately, the number of members volunteering for this effort has shrunk even further this year. We need help. So, if you are available during the day and aren't afraid of doing some relatively boring drudgery in the company of bright and engaging personalities, please consider joining us once a month. You will be very appreciated. Individuals of all backgrounds, genders, ability, and planets of origin are welcome.

We meet on Thursday morning at 10 a.m. in the Welcoming Room and are usually finished by 11:30 a.m. This month we meet on Thursday, October 22. You can just show up, if you have questions, please contact Prudi Kantz at (253) 315-4405 or pkantz@comcast.net.

Archives Organizer

Submitted by Carol Mohler, Storage Task Force

Wanted: a person interested in Saltwater Church's history with knowledge of procedures for storing church records or has the motivation to learn. We have boxes of information which need to be organized. If you are that person and/or are curious about this project, please contact Amanda Radak at aradak@gmail.com.

Save the Date Auction 2015

Highline College - Student Union
Building, Des Moines, WA.
Saturday, October 10, 5 p.m.

Invite your friends and family. We've received many wonderful donations for the auction. You can view the auction catalog and buy tickets online at saltwaterchurch.maestroweb.com or www.saltwaterchurch.org and click the auction link on the left side of the screen.

Our auction benefits our mission. This year a portion of the proceeds from our fund-a-thon will also benefit a new day shelter for the homeless in Federal Way.

Tickets will be on sale at church through Sunday, October 4. Please purchase your tickets soon so we can have an accurate count for the caterer.

A graphic with a dark blue background. At the top, the text "Love Beyond Belief" is written in a white, elegant script font. Below the text is a circular emblem featuring a glowing yellow and orange sun or starburst in the center, surrounded by a purple and blue aura. The words "Love Beyond Belief" are written in a white, cursive font across the emblem. To the right of the emblem is a list of four bullet points, each preceded by a right-pointing chevron symbol (>).

Love Beyond Belief

- > Come celebrate with us Saturday October 10th at 5 PM at Highline College.
- > Join us for a catered dinner, scintillating silent action, rousing live auction and dazzling dessert dash!
- > Proceeds support our mission.
- > For information and tickets visit saltwaterchurch.maestroweb.com

Saltwater Church
A Unitarian Universalist Congregation
25701 14th Place South
Des Moines, WA 98198
Return Service Requested

Non-profit
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Federal Way, WA 98023
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