



An Intentionally Inclusive, Spiritually Progressive, Justice Seeking Community Serving South King County

We're on the Web
Saltwaterchurch.org

Unitarian Universalist congregations affirm and promote seven principles which we hold as strong values and moral guides.

- The inherent worth and dignity of every person;
- Justice, equity and compassion in human relations;
- Acceptance of one another and encouragement 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 congregations and in 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.

We live out these principles within a “living tradition” of wisdom and spirituality, drawn from sources as diverse as science, poetry, scripture, and personal experience. These are the six sources we affirm and promote:

- Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
- Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
- Wisdom from the world's religions which inspires us in our ethical and spiritual life;
- Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;
- Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit;
- Spiritual teachings of Earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.

More News You Need to Know...

Join the Healthy Congregation Team in their workshop "Tools for Untangling Conflict"

Come to explore and practice about learning conversations, a productive way to better understand each other.

After service next Sunday March 26th 12:05 to 2:05PM

Bring a brown bag lunch.

Register by email so we know how many copies to make

at aidasanchezvela@hotmail.com or by phone [253-820-9101](tel:253-820-9101)

Board Notes – March 2017

By: Saphronia Young, Board member Friends:

I attended the Pacific Northwest District conference in Eugene, OR on Saturday, February 25, 2017. The conference was divided into three events: (1) The presidential candidate forum; (2) a workshop on policy governance; and (3) a workshop on fundraising and pledge campaigns. The information about candidates is on our bulletin board in the welcoming room. We will vote in New Orleans this sum-

mer. Please help us make an informed choice. See:

uua.org/uuagovernance/elections/president

GOVERNANCE SESSION: Led by Jim Key. As with our own congregation, the UUA and most of our churches are moving to “policy governance.” This is a form of church organization that broadly distributes power throughout the congregational leadership (our petals), with the Board establishing the vision, setting limits on power (including their own), and evaluating the results. There are a lot of very good presentations on this available. I liked:

[uuasouthernregion.org/images/The Art of Governance in Congregations](http://uuasouthernregion.org/images/The%20Art%20of%20Governance%20in%20Congregations)

STEWARDSHIP SESSION: Led by Susan Howlett, from the University U.U. Church in Seattle. Money is how we “invest in our values.” Susan gave very practical advice, but the real message is that our church transforms lives and builds a better world. It requires money to keep doing that, and I personally treasure the opportunity to invest in my values.

I am hoping that this stewardship year, each of us feels that way.

From the Nominating Team

Have you considered serving our church community in a leadership role as a member of the Board of Directors? One of the main goals of the board is to promote the mission and vision of the congregation by continuing progress toward our Saltwater Church Vision 2020. This is an exciting time for our church family and the board as we look forward to calling and working with a new settled minister. At our Congregational Meeting in June, we will be voting to approve two new board members for 3 year terms, beginning July 1st. If you are interested in learning more about serving on the Saltwater Church Board of Directors, please contact anyone on the Nominating Team.

Judy Featherstone:

judyfeatherstone@yahoo.com

Joanne Loeliger: ejloeliger@aol.com

Meri Murphy: tomandmeri@gmail.com

Joy Werlink: jwerlink@yahoo.com

March 19, 2017



SALTWATER UNITARIAN UNIVERSALIST CHURCH

News You Need to Know

Happenings...

Sunday, Mar 19

9:00 Caring Team (MR)
10:00 Seabeck SignUp Table (WR)
10:30 Worship (S)
11:45 Adult RE (MR)
Noon CUUPS (S)
12:15 Parent Group: Social Justice Educators (LAR)
1:00 Baby Shower (WR)
1:00 Chalice Circle (CO)
5:00 UUGG/ PUUGG

Monday, Mar 20

6:30 Al Anon (S)

Tuesday, Mar 21

9:00 Himawari School (LH)
100 Chalice Circle (WR)
7:00 Executive Team

(Zoom)

7:30 Meditation (S, Kit, WR)

Wednesday, Mar 22

Weekly Publicity Deadline

9:30 Writer's Group (WR)
10:00 Himawari School (LH)
Noon: Lunch Bunch (WR)

Thursday, Mar 23

9:00 Himawari School (LH) (WR)
7:00 Choir Practice (S)

Friday, Mar 24

9:30 Playgroup (LAR)
11:00 Finance Team
5:30 Postcard Writing Party (LAR)
5:30 Queer Group

7:00 Board (MR)

Saturday, Mar 25

COA Retreat
10:00 Fundraising Planning Team
Noon: Family Hike (off site)
11:00 Membership Development (MR)
2:30 Spring Equinox Ritual (WR)
6:00 Bet Chaverim
Sunday, Mar 26
10:00 Seabeck Sign Up
10:30 Worship Service (S)
11:45 Tea with the B (S)
Noon Aging with Spirit (CO)
12:05 Healthy Congregations Workshop

Riding the Waves: Resilience in Wild Times

Order of Service

“You must live in the present, launch yourself on every wave, find your eternity in each moment. Fools stand on their island opportunities and look toward another land. There is no other land, there is no other life but this.”

Henry David Thoreau

Prelude

Opening Words

Light the Chalice

Hymn #298, “Wake Now My Senses” (v. 1-3)

Children's Conversation

Singing the Children Out

Welcome

Offering Words

Offertory

Joys and Sorrows

Music

Reading

Meditation, Prayer and Silence

Reading

Hymn # 1064, “Blue Boat Home”

Message of the Morning
Riding the Waves: Resilience in Wild Times
Rev. Florence Caplow

Extinguish the Chalice

Hymn # 108, “My Life Flows On in Endless Song”

Benediction

Saltwater Church is located at:
25701 14th Place South,
Des Moines WA 98198
(206)651-7358
administrator@saltwaterchurch.org

Church Office Hours:
Mon—Fri 10 a.m.—2 p.m.
Sunday Worship 10:30 a.m.

Minister: Rev. Helen Carroll
For appointments, call or send email to:
minister@saltwaterchurch.org

Director of Family Ministries:
Melinda Einander
For appointments, call or send email to:
melinda@saltwaterchurch.org

From the Board

Tea with the B!

Join your Board of Directors on the last Sunday of every month for an informal tea/coffee in the Sanctuary at 11:45am. Bring your questions and concerns so we can have a discussion! All are welcome. The next gathering is Sunday, March 26.

Board Meetings are held on the first Tuesday of every month from 7-9 p.m. in

the Meeting Room and Zoom Room. All members are welcome to attend either in person or virtually. If you plan to join us, please let Lisa know at lunderhi@gmail.com

Agenda Items... for Congregational Meetings. It is the job of the Board to set the agenda for Congregational Meetings. However, any member is welcome to

contact the Board if they'd like to request an item to be added to a Congregational Meeting agenda. The Board will discuss all requests, make a decision, and follow-up with the member. We welcome your ideas and conversation! The next Congregational Meeting is on June 11. Agenda item requests are due by May 1st and may be sent to saltwater-board@googlegroups.com

Community

Queer Group meets Friday, March 24 5:30-9, We'll join the Social Responsibility folks to write postcards to our local legislators. Please RSVP to topher_benum@yahoo.com (so they know how many for refreshments). Childcare is available upon request. Contact Katie Einander for information at katguts@gmail.com

Spring Retreat: Our Annual UU Gathering at Seabeck

Please save the date for our annual UU Spring Retreat at Seabeck: Friday, May 5 through Sunday, May 7, 2017. Together, we return to the beautiful Seabeck Conference Center on Hood Canal to continue our years' long Seabeck tradition. Online registration opens the first Sunday

in March. Participating congregations (Shoreline, Saltwater, Westside, Evergreen, Tahoma, Olympia, and Woodinville) will have a registration table, so please watch for this. 2017 Theme - UU's Face to Face: A Journal for Your Journey In times of extreme transition -- whether personal, congregational, or national -- we may feel shaken, disoriented, less than whole. It is more important than ever to cultivate a meaningful community and to know we are part of a wider UU web. Rev. Amanda Aikman, UU minister and spiritual director, will accompany us as we regroup, restore, and refresh ourselves. You will be invited on a journey with fellow UU's, a journey of sharing, exploring deep spiritual issues, laughter,

heartfelt connection. Your Seabeck Team is planning a schedule of volunteer-led interactive workshops, which will complement Rev. Amanda's program; worship; and classes for our children, all based on our theme, "A Journal for Your Journey." All ages are welcome and scholarship assistance is available. Please join us for this attractive possibility!

Lunch Bunch meets Wednesdays at noon in the Welcoming Room. Bring a sack lunch and join in for great conversations.

Family Fun Hike: Join us Saturday, March 25th from 10am-2pm, at Seahurst Park in Burien. We will hike around the park, play on the beach, and enjoy picnicking together. *Bring your own lunch

Our Ministries of Support

Growth and Learning

Invitation to the next UU and You class

Are you curious about Unitarian Universalism or membership at Saltwater Church? Then join us from 12 noon until 2 p.m. on Sunday, April 2nd. Recent guests considering membership and those in the Saltwater Community interested in learning more about Unitarian Universalism and activities at Saltwater Church are all welcome. For more information about the class contact: Rev. Helen Carroll (minister@saltwaterchurch.org). The deadline to request childcare is Friday March 31st.

childcare@saltwaterchurch.org

Our Art Wall, located in the Welcoming Room, now features "The Evolution of a Young Artist," among other youthful displays. Come and view the lovely "Tree Of Life" painting by our Lighthouse children and youth. It was "won" at the Auc-

tion by Lucia Faithful and donated back to Saltwater. Thank you, Lucia! Please also enjoy framed art by the children of Dunlap elementary, which was framed and gifted to us by Joan Tornow. Finally, please enjoy the artistic avenues that Chris Swanziger of our congregation has travelled in his development as a young artist. His work is amazing! Pricing information will be posted by March 12, if not sooner, but you can enjoy the show right now.

March Book Cart: Time, Treasure, and Talent

Each first and third Sunday a selection of books from the Family Ministries and Adult Religious Education libraries will be available in the Welcoming Room for check out. In March in honor of stewardship month we will showcase a selection of books for all ages on the topics of

Never an End to Learning

money, consumerism, consumption, materialism, and stewardship, as well as more general titles of interest to children, youth, and adults. Check it out!

Join **Creative Hands**, every 2nd and 4th Monday, at 7:00 pm in the Welcoming Room. Not just a group for knitters, some of us are also into beading or quilting or weaving, etc and others bring a paper art or even some simple mending. Currently our optional group project is making baby hats/small blankets for the drug addicted babies of PICC in Kent. Blankets can be made of felt, knitted, whatever, if you are interested. Join us in this or just come to catch up! OR Stop by to see the cute baby hats that some of us have made! Treats are provided. For questions call Betsy @ 253-946-6877

Social Responsibility

Share the Plate: for March is DAWN (Domestic Abuse Women's Network)

Town Hall Meeting...Monday, March 20th

Sound Alliance invites you to join us at a Town Hall meeting organized and sponsored by the Federal Way Education Association and the Puget Sound Uniserve, representing 14 school districts, this coming Monday, March 20th. Our Legislative Representatives and Senators from the 30th and 31st Districts have been invited. They will be hearing from teachers and community members about the need to fully fund K-12, human

Stewardship

Stewardship and Saltwater...

On Sunday, March 5, pledge cards and Stewardship brochures were handed out at church; those not picked up were mailed to members. Our Welcome Table (suitcase with legs) has additional blank pledge cards and brochures if needed. It is located in the Welcoming Room and is also the place you may turn in your completed pledge card any time. You may also put your completed pledge card in the morning offertory on Sunday, leave it

Worship

Upcoming Sunday Services:

March 26, Lay Led
April 2, "We Meet on Holy Ground" - Rev Helen Carroll
April 9, "Searching the Future" - Rev. Judy Zimmerman
April 16, "Celebrating a UU Easter" - Rev. Helen Carroll

Meditation Retreat at Seabeck March 24 -26. Join the Saltwater Meditation Group at a retreat led by our founder, Rev. David Sheuneman. From Friday evening through Sunday afternoon we will share silence - sitting, walking and eating together at Seabeck, a beautiful and quiet

Right Relationship with the World

services and higher education and to support collective bargaining rights. We will be asking them whether they will support the needs of teachers, our education system and our children. We urge you to attend to show your support of those who teach and care for our children's future. Join us: Monday, March 20th 5:30 - 6:45pm
Auburn Performing Arts Center
702 4th St NE, Auburn
For further information contact: Lucia Faithfull at lfaithfull@comcast.net

Postcard Writing Party... Friday, March 24 from 5:30 to 7:30 p.m in

Care for Buildings, Grounds and Programs

in the church office during the week, mail it in the envelope provided or even email the pertinent information to administrator@saltwaterchurch.org. We hope to have many pledges in by March 12 as this could be useful information for our congregational budget review after service but the "deadline" for pledges is April 2.

Take time to read the brochure and review the testimonials from members. Then mindfully contemplate what will be both spiritually and fiscally meaningful

the Lighthouse Activity Room. Come to write postcards to our Washington State and federal legislators for a variety of issues, including both environmental and social issues. Friends and members of Sound Alliance, Health Care for All Washington, Saltwater Climate Action Now and other advocacy groups with members at Saltwater Church are invited to come and bring a "postcardable" issue. RSVP to topher_benum@yahoo.com
For childcare, contact childcare@saltwaterchurch.org

for you and your church community this year. WAIT! Think on it some more. Then, when you feel it, when it feels both right and good, something you can be both excited about and proud of, fill out that pledge card and turn it in. Thank you!

At the Center of our Spiritual Lives

setting. Giving yourself a time of meditation can be very therapeutic in this noisy world. Beginners are welcome. Go to studiozero.org/retreats/seabeck-retreat/ for details and to register.



On May 28th, Sally Caldwell will be providing a Memorial Day service for the congregation. The theme will be people who have been important in shaping our lives. Sally would like four or five church members to tell a brief story about someone in the past (a parent, older friend, grandparent, teacher) who has significantly influenced him/her. If you have a homily or story that you would be willing to share, please contact Sally at [760-631-1740](tel:760-631-1740) or see her at church.