How We Connect:

Activities and Programs



Northlake Unitarian Universalist Church Fall 2023

Who we are:

Rev. Nancy Reid-McKee

Rev. Nancy Reid-McKee has been part of the Northlake community since August, 2019. She attended Starr King School



for the Ministry, graduating in the Spring of 2018. Prior to ministry she was trained as a Community Organizer through the Industrial Areas Foundation, and was a Nurse Practitioner for almost 30 years working for government and non-profit healthcare systems. Rev. Nancy has a long history leading

youth groups, running social justice programs, teaching Our Whole Lives and being active in the Unitarian Universalist tradition.

Rev. Kimberly Quinn Johnson

Rev. Kimberly Quinn Johnson serves as minister of the Unitarian Universalist Congregation of the South Fork on Long

Island, NY. She will join Northlake once a month as an online minister, and a regular part of our staff. Rev. Johnson has a wide range of experiences which fostered her passion and expertise for racial justice work. Earlier in her career, Reverend Johnson worked as a union organizer with the United Auto Workers. She also taught Women's and Gender



Studies at New Jersey City University. Rev Johnson is a

Who we are:

graduate of Meadville Lombard Theological School, where she was awarded the Faculty Award for Religious Leadership.

Margaret Rogers

Margaret Rogers (she/her) has served as Northlake's Director of Lifespan Religious Education since 2014. She is a lifelong

Unitarian Universalist. Margaret has a Master in Teaching degree from the University of Washington. She taught middle school mathematics, and she has extensive experience working with people of all ages.



Margaret's vision for Northlake is to create spaces where everyone feels supported valued, and where people

can develop the relationships that will support them as they grow in their personal and spiritual identity.

Bug

Bug (I welcome all pronouns) joined Northlake's staff team as half-time Onsite Coordinator in February 2023. Bug has 10



years of Corporate Administrative experience, with 6+ years in Commercial Real Estate. Bug left the corporate industry to pursue social/community-based work in hopes of making a bigger difference in the world. Bug loves all animals! Especially reptiles, domesticated rats and frogs.

Who we are:

Bug is Northlake's point of contact for Reservations, General Calendaring and Maintenance/Facilities requests.

Stephanie Chia

Stephanie Chia has supported Northlake as our remote Congregational Administrator since 2021. She was raised in

Montana where she earned a Bachelor's Degree in Human Communication Theory. She has lived on both coasts, farmed, run her own business, coordinated engineers, managed offices and now lives on Whidbey Island with her family.



Love At The Center

For the next year at Northlake we will focus on the theme: "Love At The Center".

The idea for this theme comes from several places. One source is the Unitarian Universalist Association bylaws revision. In Article 2 of the UUA bylaws the 7 Principles are listed. It has been suggested that instead of Principles, we might focus instead on our grounding values, and how we practice these through our core value of loving the world. So love would be at the center of our faith in action.

Another source for this theme comes from this congregation. As we move out of the pandemic and back into community, how do we remember that all we do can be done differently, when love is central to how we want to be in the world? Our desire to be part of healing this broken world must come from our love for it.

The final source is from our own lives. It is from the recognition that we all want to move from the loneliness and isolation that has become a growing factor in our culture, back into friendships. Back to feeling we belong and that we have others who know us and love us.

Love is at the center. We want to act toward each other in loving ways, and we want others to be loving towards us. This year we will explore the values identified as central (generosity, justice, interdependence, equity, transformation and pluralism) through the lens of love.

Love At The Center



Engaging Spiritual Growth and Transformation

Sunday Worship:

Join us on Sunday mornings at 10:25 as we sing and join in community, followed by coffee and social time. (contact Rev. Nancy Reid-McKee, Janelle D or Clark R-M at worship@northlakeuu.org)

Adult Education and Practice:

To register for any of the programs below, please use the QR code or go to https://northlakeuu.org/classes-and-programs-for-adults/



Reflection and Conversation with Rev. Kimberly Quinn Johnson

Rev. Kimberly is joining Northlake to offer a series of services as online minister and a regular part of our staff. Her focus for the year will be around the new perspectives on how UU's live our values in the world, centering on love as key to how we are as a faith community.

After her services, Rev. Kimberly will remain online for a time of reflection and conversation.

Engaging Spiritual Growth and Transformation

Sundays: Sept. 24, Oct. 8, Oct 22, Dec. 3, Jan. 28, Feb. 25, March 24, April 28, and May 19 @ 11:45 am – 12:45 pm

Online and In Person. Drop in attendance welcome! You may also register to receive reminders.

Contact Margaret Rogers for more information at DLRE@northlakeuu.org

Soul Matters Small Groups

The Soul Matters Small Groups offer participants an opportunity to explore our monthly worship themes through discussion and spiritual practice. Small Groups also offer an opportunity to get to know a small group of people (5-8 per group) better as we meet regularly throughout the year.

Two options are available:

Come to the drop-in group that will meet monthly after the Sunday morning service (in-person).

Register to be a part of a small group that will meet twice a month, online or in person. Small groups will meet 2^{nd} and 4^{th} Mondays from 6:30-8 pm, or two Fridays per month 10:30am – noon beginning in October.

Contact Margaret Rogers for more information at
<a href="https://doi.org/l

Writing Your Spiritual Autobiography

This Fall, Rev. Nancy will be offering an opportunity for everyone to join her in exploring ourselves as spiritual people. We will come together every two weeks to write, reflect, and

Engaging Spiritual Growth and Transformation

share with each other as we explore this dimension of ourselves that rarely gets attention.

This program will be in-person in the Hanly House kitchen.

Saturdays, Sept. 30th, Oct. 14 & 28, Nov. 4 & 18 at 11 am

Please register in advance, as we will need at least 5 people to register to run the program.

Pub Theology

This is a time to join with others from our church to discuss a question that is usually related to your personal theology or philosophy. Discussions generally last about 1 1/2 hours. Since we meet at a brewery, you should expect to purchase something to cover the cost of occupying the chair while we are together!

Pub Theology is usually scheduled on the 2nd Saturday of each month, 6:00 p.m. with changing location around Kirkland.

Drop in attendance is welcome, and you may register to receive reminders.

Eastside Insight Meditation Group

Eastside Insight Meditation is a well-established meditation group that has been sitting together since 2000. Steve W. and visiting teachers facilitate the group. The group practices mindfulness meditation, also called insight meditation. This meditation practice helps us clearly see the nature of things, and brings us freedom in the midst of our personal complexities.

Engaging Spiritual Growth and Transformation

We gather in the Northlake Chapel and simultaneously online, to meditate together and to build spiritual community. Like many Buddhist groups in UU churches around the U.S., we discuss meditation and Buddhist teachings, and how to bring those principles to daily life and civic engagement.

Evenings often include insightful and inspiring teachers from around Western United States. Eastside Insight also offers at least one daylong retreat, and an annual six-session introductory class, in January.

Eastside Insight Meditation participants are a combination of Northlake members and people from the larger Eastside community. Eastside Insight is also affiliated with Seattle Insight Meditation Society. While some participants are long-time meditators, new people often join and are always welcome.

1st and **3rd Thursdays** at 7 pm in the Northlake Chapel and online. For more information and zoom link, please contact Steve W at EIMS@northlakeuu.org.

Art Online Open Studio (zoom only)

Art Online Open Studio is a drop-in, zoom only multigenerational group that encourages participants to set aside time to work on artistic endeavors of any kind. You need not be a professional to find joy and spiritual fulfillment in creating art - drawing, painting, doodling, photography, sculpting with play-doh, sewing - engaging in play with art materials in any form are all welcome!

Engaging Spiritual Growth and Transformation

The conversation ranges from time to share our projects with one another (and get feedback or ideas if requested), to sharing what's going on in our hearts and lives.

Wednesdays, 6:30 – 8 pm. Drop-ins welcome, for any part of the gathering. Contact Margaret at DLRE@northlakeuu.org for the zoom link.

Children and Youth Education and Practice:

At Northlake, children are welcome where their parents are, and parents are welcome where their children are. Most Sundays we offer gatherings for children up to 5th grade, and for youth 6th-12th grade. Both groups will be engaging with our Soul Matters monthly themes. Our younger children's program offers story and discussion, as well as play time. Our youth group gathers for check-in, discussion, and games. Building connections and community is an important part of all of our programs. Childcare for our youngest children is also available during the service.

One Sunday per month we have a fully multigenerational service with no separate children or youth programs. We welcome everyone to participate in the service on these Sundays! If your family has an interest in taking part in these services (through readings, lighting the chalice, playing a part in telling a story, etc.), please contact Margaret Rogers. Youth are also invited to learn how to support the service as part of the Worship Tech team.

This year, in addition to our Sunday morning programs, Northlake will be offering game nights, DnD, and Parent's Night Out.

Engaging Spiritual Growth and Transformation

Youth will also have the opportunity to attend weekend gatherings (mini-cons) a few times per year to gather with youth from around our region (BC, WA and OR).

To receive weekly updates about Northlake's programming for children and youth, please email Margaret Rogers at DLRE@northlakeuu.org.

To register:

https://nuuc.breezechms.com/form/ familyregistration2023-24

or scan the QR code:



Practicing Justice

Integrated Justice Team:

The IJT was formed in response to a vision of integrating racial justice into the systems and management of the church. The goal is to find ways to incorporate Northlake's stated values into the policies and practices of the church. (Contact Ellie P, France G, and Nancy R-M at IJT@northlakeuu.org)

Zombie Apocalypse Team:

The ZAT will address the congregational response to the climate crisis by developing ways to prepare for disasters. By initially preparing the congregation for disasters, actions will evolve and extend into the local community so that Northlake can be a resource when crises occur. (Contact Chris F, Kate C, Madeleine N, or Glenn W at ZAT@northlakeuu.org)

Direct Sharing:

This circle provides justice through fund-raising, direct service and education about groups that align with issues consistent with the values of this church and the UU faith. We give the first \$1000 collected during worship each month to one of these groups, as well as operate a food pantry for the community. (Contact Mary D or Carolyn H at STP@northlakeuu.org)

Creating Loving Community

Caring Team:

The care team's ministry mission is to foster community connectedness by celebrating joys and offering support to others during difficult times of stress, illness, and loss. (Contact the Caring Team at caring@northlakeuu.org)

Denominational Affairs Team:

Fosters and promotes the relationship of the Northlake congregation with the larger Unitarian Universalist community. (Contact: DAT@northlakeuu.org)

Healthy Congregation Team:

The work of the HCT is to advance the creation of a loving community, facilitating the well-being of the Northlake Community by fostering harmonious relations and mediating conflicts within the members and friends of the church. (Contact Pablo B, Janet K, and Elaine S at HCT@northlakeuu.org)

Creating Loving Community-Connections

Connections:

Connections with others advances the mission of Northlake by supporting the ministry of creating a loving community. There are numerous groups that you can join in with!

Northlake BIPOC Affinity Group

The Northlake BIPOC affinity group is open to members identifying as people of color and centers their voice and experience. This is a space where BIPOC members can build connections and begin conversations; create empowerment and affirmation; and share our stories, experiences, and resources. This group's work evolves with its members' needs and passion. The BIPOC affinity group typically meets every other month on a mutually agreeable date after Sunday service. Please email Ellie P at

BIPOCgroupInfo@northlakeuu.org for more information.

Book Group

The Book Group's purpose is to enrich each participant's experience through monthly open-ended book discussions. These discussions reinforce participants' commitment to their values. It's open to Northlake members and friends who want to read more about a wide range of issues. Books are chosen once a year by the group, and the discussion is facilitated by a volunteer participant.

For more information, please email Susan T at BookGroupInfo@northlakeuu.org

Choir

Music is central to the worship experience at Northlake, and the choir is a key part of the music program. Our all-volunteer

Creating Loving Community-Connections

choir has a long history of great performances, from classical to contemporary, spirituals, folk, world music, and occasional jazz or Broadway, as well as traditional and UU hymns.

We are mostly adults, with occasional middle- or high-schoolers. We learn and practice together during rehearsal and by ourselves at home. We welcome new and returning singers; if you can hum, you can probably sing. If you can read music, it helps, but is not required if you can learn by listening. And it's not all work, we love to socialize as well.

The choir rehearses most Sundays after the service, taking summer months off, and performs at Sunday services about twice a month, and at "Music Sunday" services twice a year.

For more information about the choir or to join, please contact Music Team Chair Diane Slota at music-chair@northlakeuu.org

Coffee and Collaboration Drop-In Group

Coffee and Collaboration is a weekly gathering for folks to come to the Northlake campus and chat while working on a small project to help support Northlake's activities. Most weeks there is a choice of seated work and active projects.

Fridays from 12:30-2 pm in Northlake's Main Bldg. Contact Margaret at DLRE@northlakeuu.org for more information.

Creative Circle

Northlake's Creative Circle's mission is to create, promote and support art and beauty within the Northlake community.

The Creative Circle is a diverse and welcoming group. Originally founded in 2001 as the Northlake Seamsters Union, it was later

Creating Loving Community-Connections

re-imagined as the Seamsters Creative Union, and most recently transitioned to be The Creative Circle. While many members sew, others are writers, weavers, potters, painters, paper artists, jewelry makers, knitters, and crocheters, among others. Some are total novices that come with questions and others have been developing their gifts for many years.

At our monthly gatherings there are spirited interactions as we play with and share our current projects. We "talk business" during a brown-bag lunch and usually have Zoom available for those who aren't able to join in person. In addition, the group takes two annual retreats. Our October retreat is at Seabeck and the January retreat is in La Conner.

The Creative Circle has sponsored quilt raffles, sanctuary art shows, and Holiday Craft Fairs. The proceeds have funded the purchase of a variety of items for Northlake – our pulpit, choir stoles, sanctuary lighting, funds to replace the front doors, hearing impaired listening devices, and more!

For more information and to get on the mailing list, please contact Mary D F at CreativeCircleInfo@northlakeuu.org

Meaningful Movies

The Meaningful Movies Project is a non-profit organization that helps neighborhoods, groups and individuals organize, educate and advocate using the power of social justice documentary film and conversation to build positive and meaningful community.

Each month, Northlake hosts a film screening followed by a facilitated discussion. Events are always free and open to everyone – donations gratefully accepted. Please join us!

Creating Loving Community-Connections

Contact <u>MMKirkland@northlakeuu.org</u> to receive reminder emails.

Men's Group

The NUUC Men's Group promotes friendship, encourages community, and provides support among the men and friends of the NUUC community in support of UU principles and values. We start with breakfast (either provided or 'bring your own'), followed by check-in, and then a discussion topic.

All personal stories and matters shared at the meeting are private and confidential, unless otherwise noted. All participants pledge to uphold and respect that confidentiality.

In addition to the regular meetings, we hold an annual Men's Group Retreat. Led by group members, the Retreat covers a wide range of topics and provides an opportunity to deepen connections and friendships.

1st and 3rd Saturdays of each month, from 9 to 11 am, unless otherwise specified. Meetings are online or in-person (at Northlake or a member's home). Contact MensGroupInfo@northlakeuu.org

Multigenerational Orchestra

The NUUC Multigenerational Orchestra will focus on engaging youth, as well as interested adults, to participate together in using our musical talents to perform a variety of types of music at Sunday services and other events. Our primary goal is to create musical experiences that are fun, joyful, and meaningful to participants and to our congregation. We hope these experiences will foster both short-term and long-term

Creating Loving Community-Connections

connection with each other, and with our greater church community.

Contact Melissa A at <u>orchestra-director@northlakeuu.org</u> if you have any questions or to receive registration information.

Walk & Talk

The Northlake Walk and Talk group meets in front of Thruline Coffee (on Park Lane in downtown Kirkland) at 9:55 am, and set off promptly at 10:00. (FYI, there is free parking at the Kirkland Library). All are welcome!

Mondays and Thursdays at 10 am. Please contact Melissa A at WalkInfo@northlakeuu.org

Women's Group

The Northlake Women's Group welcomes all who are interested in women's issues. Currently, we are focusing on the following issues: racial discrimination including institutional racism, gender discrimination, other social justice issues, interpersonal connection and well-being, healthy families and healthy societies, and healthy environment.

We meet monthly to spend time together in presentations, discussions, and other events such as museum visits and observation of nature (such as birding and nature walks).

The Women's Group welcomes all members and friends of Northlake, as well as guests. For more information, please contact WomensGroupInfo@northlakeuu.org

4th Saturdays @ 1:30 -3:30 pm at Northlake

Creating Loving Community-Connections

Online Connections:

Chronic Pain Support Group Online

A safe space for community healing, heartfelt sharing, thoughtful discussion, and support for coping. Each group session will meet virtually in the format of a healing circle, which is a safe haven and non-judgmental environment to build community and share what is on your mind and heart. As a group, we will work together to support each other towards alleviating suffering and collective healing.

Meets weekly on Tuesdays at 11 am. For more information and for zoom link, please contact CPSGinfo@northlakeuu.org

Happy Hour Online:

Northlakers gather online every Friday at 5 pm for conversation and fellowship. All are welcome!

Fridays @ 5 pm on zoom. Please contact Curtis T at HappyHour@northlakeuu.org for more information and for zoom link.

Midday Community Check-In Online:

The Community Check-In is open to everyone and offers an opportunity to connect via zoom for conversation and fellowship

Tuesdays and Thursdays @ 12:30 pm on zoom. Please contact Linda L at check-in@northlakeuu.org

Ministry Programs Directory

Engaging Spiritual Growth & Transformation:

Hospitality Team: hospitality@northlakeuu.org

Worship Team: Janelle D & Clark R-M,

worship@northlakeuu.org

Music Team: Diane S, music-chair@northlakeuu.org

Choir: music-director@northlakeuu.org

Multigenerational Orchestra: Melissa A, orchestra-

director@northlakeuu.org

Sunday Service: Rev. Nancy, minister@northlakeuu.org Rites of Passage: Rev. Nancy minister@northlakeuu.org

Adult Education & Practice

Pub Theology: Rev. Nancy, minister@northlakeuu.org Small Groups: Margaret R, DLRE@northlakeuu.org Adult Programs: Margaret R, DLRE@northlakeuu.org

Meditation: Steve W, EIMS@northlakeuu.org

Meaningful Movies: France G, kirkland@northlakeuu.org

Children and Youth Education & Practice

Children's Activities: Margaret R, DLRE@northlakeuu.org Youth Activities: Margaret R, DLRE@northlakeuu.org Our Whole Lives: Margaret R, DLRE@northlakeuu.org

Practicing Justice:

Integrated Justice Team: Rev. Nancy, IJT@northlakeuu.org

Zombie Apocalypse Team: ZAT@northlakeuu.org

Share the Plate: STP@northlakeuu.org

Little Free Pantry: Minnette L, LittleFree@northlakeuu.org Little Free Library: Joyce W, LittleFree@northlakeuu.org

Ministry Programs Directory

Creating Loving Community:

Healthy Congregation Team: HCT@northlakeuu.org

Care Team: Caring@northlakeuu.org

Denominational Affairs Team: Carolyn H & Connie S,

DAT@northlakeuu.org

Membership Team: Laurence F, membership-chair@northlakeuu.org

Connections:

Chronic Pain Support Group, Celestine W, CPSGInfo@northlakeuu.org

Men's Group: Steve R, MensGroupInfo@northlakeuu.org Women's Group: WomensGroupInfo@northlakeuu.org Creative Circle: Mary D, CreativeCircleInfo@northlakeuu.org Book Group: Susan T, Book GroupInfo@northlakeuu.org Happy Hour Online: Curtis T, HappyHour@northlakeuu.org Walk & Talk: Melissa A, WalkInfo@northlakeuu.org

To schedule a meeting or gathering please contact Bug: northlake@northlakeuu.org

Governance Committees Directory

Governance Committees at Northlake:

Board: Galen L, boardpresident@northlakeuu.org

Nominating Cmte: Stacy D, nominating@northlakeuu.org

Committee on Ministry: Ellie P, COM@northlakeuu.org

Communications Cmte: Ellie P,

commcommchair@northlakeuu.org

Facilities Cmte: MaryEllen O, facilities-chair@northlakeuu.org

Rental Team: Suja V, rentals-chair@northlakeuu.org

Safety Team: safety@northlakeuu.org

Finance Committee: Melissa A, finance-chair@northlakeuu.org

Stewardship: Dave T, stewardship-chair@northlakeuu.org

Endowment: Wess W Endowment@northlakeuu.org

Governance Cmte: Diane D, governance-chair@northlakeuu.org

Administration: Stephanie C, office@northlakeuu.org

Personnel: Rev. Nancy, minister@northlakeuu.org

Fiscal/Bookkeeping: Stephanie C, office@northlakeuu.org

Membership Mgmt: Stephanie C, office@northlakeuu.org

Facilities Use & Calendaring: Bug B,

northlake@northlakeuu.org

Maintenance need? Use the QR code below to let us know

