

# Spring 2026 Classes, Workshops & Field Trips



*Adult Learning Programs (ALPs) are Open to All  
A Free Community Service of  
The Salish Sea Fellowship  
<https://salishseafellowship.org>*

*A Religious Community of Open Hearts & Open Minds*

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## *CALENDAR OF SPRING PROGRAMS (See full descriptions beginning on p. 2):*

Feb 3→Mar 31 – Spiritual Embodiment Study Group with Tai Sheridan  
Feb 4 & 11 –AI and Art - You Can Do It Too with Doug Rodgers  
Feb 9 – Winter Birding in Skagit Valley with Dave Rugh, Penny & Clara  
Feb 11→Mar 4 – Exploring the Hero’s Journey with Richard Meadows  
Feb 23 – Characteristics of Sociopaths & Child Molesters with Terry Copeland  
Feb 26 – Introduction to the Magic Lantern with Brian Rogers  
Feb 28 – Rose Care & Spring Pruning with Rob Wamstad  
Mar 2→Apr 6 – The Perennial Philosophy Reloaded with Ken Ing  
Mar 2→23 (NEW DATES) – Great Decisions at JC Library with Joyce Francis  
Mar 6→27 –Great Decisions at Quimper Village with Joyce Francis  
Mar 9 & 16 – Why All the Fuss about Psilocybin? with Liz Barnes  
Mar 11 – What Happens When You Flip the Switch? with Gary Nelson  
Mar 18→Apr 22 – *The Tao of Jung* with Ron Strange  
Mar 23 – Blossoms, Books, and a Bite to Eat with Kendra Golden & Clara Mason  
Mar 28 – Cooking Simple French Cuisine with Judy King  
Apr 4 – To Be Is Enough: The Descent into Wholeness with Tai Sheridan  
Apr 9 – Why Antarctica? With Rob & Karen Wamstad  
Apr 20 – Depolarizing Ourselves with Braver Angels Workshop Leader Sol Riou  
May 1→29 – Biking Tours with Nils Pedersen, Joyce Francis, & Friends  
May 6→Jun 10 (NEW DATES)– Being Mortal with Joannie Murphy & Paul Hinton  
May 30 – A Taste of Summer with Judy King

*NOTE: Programs take place at Community United Methodist Church (CUMC),  
130 Church Lane, Port Hadlock, and other locations as noted.*

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1. **HOW DO I SIGN UP?** - Go to our SignUpGenius page at <https://tinyurl.com/SSF-ALPs2026Sp> and follow instructions. Select your choices BEFORE signing in or opening an account.  
**NOTE:** ALPs classes at JC Library are open without signup.
2. **PASSWORDS?** - If you already have a SignUpGenius account from any source but have forgotten your password, go to <https://www.signupgenius.com/register> and put in your email, then click "forgot your password?" (at the bottom of the log-in box) and follow the directions for password help. You'll receive an email directing you how to reset your password. Then, PLEASE write it down where you can retrieve it.
3. **ASSISTANCE? (including those who are just plain frustrated)** - Contact Joyce Francis, [joyce.francis.pt@gmail.com](mailto:joyce.francis.pt@gmail.com) or 301-512-6815.
4. **SPECIFICS OF EACH PROGRAM?** - Roughly one week before the program, ALPs Liaisons/Facilitators will contact you via email. For field trips, you'll get specifics about where to meet, what to bring, and how you might carpool (if appropriate).

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## \*\*\*SPRING 2026 PROGRAM DESCRIPTIONS\*\*\*

### 1. Spiritual Embodiment Study Group

*Tai Sheridan*

9 Tuesday Afternoons, Feb 3→Mar 31, 1-2:30 PM, CUMC Library



This is a continuation of the ongoing class begun in the Fall, though newcomers are welcome. Each session will include spiritual practices, meditation, readings and discussion.

Tai Sheridan is a writer, artist, psychologist, yoga teacher trainer, and ordained Zen Buddhist priest. He is the author of the bestselling contemplative "Buddha in Blue Jeans" series. Tai has practiced Zen, tai chi, and yoga for fifty years. His doctorate is in somatic psychology. He lives in Port Townsend, Washington. For more information, see <https://www.taisheridan.com/> or contact Gail Sandlin at [gbsandlin@gmail.com](mailto:gbsandlin@gmail.com) or Karen Wamstad at [kjmwamstad@gmail.com](mailto:kjmwamstad@gmail.com).

### 2. AI and Art: You Can Do It Too

*Doug Rodgers*

2 Wednesday Mornings, Feb 4 & 11, 10 AM→Noon, CUMC Library



We will view examples of AI-generated art via YouTube videos, then watch other videos describing how these images can be generated. We will cover both visual art and music. Participants will be encouraged to experiment on their own and share in the 2<sup>nd</sup> session.

Doug Rodgers is a retired engineer who has always been interested in how things work. He has a long history with music and religion, mostly with UU and now with the Salish Sea Fellowship. He has recently become fascinated with AI and how it can be used to do things we never imagined we could do. For more information, contact Doug at [douglas.rodgers@sbcglobal.net](mailto:douglas.rodgers@sbcglobal.net) or 360-385-2023.

### 3. Winter Birding in Skagit Valley

*Dave Rugh, Penny Ridderbusch, & Clara Mason*

1 Monday Morning, Feb 9 (Snow Date Feb 16), 7 AM→5 PM



Meet at the Haines Street Park & Ride in Port Townsend at 7:15 AM. We will divide into 3 cars to catch the 8 AM ferry to Whidbey Island. We'll stop at the Swantown Pond on West Beach Road to see what birds are there. We'll then stop at the Breazeale Interpretive Center at Padilla Bay for a bathroom break and information on migrating bird locations.

We will continue to Fir Island and explore Skagit Valley in search of Snow Geese and Tundra Swans. In the afternoon, we will stop at the Breadfarm in Edison for snacks. We will return on the 4:15 PM ferry from Coupeville to Port Townsend. Bring snacks/lunch, water, binoculars and warm clothing. Also bring \$15 for ferry fare and fuel costs.

**Dave Rugh** has assisted the Jefferson Land Trust and the local Natural History Society with birding studies for many years, including leading outings, giving lectures, and doing wildlife monitoring. **Penny Ridderbusch** has co-led several birding outings with Dave on the Olympic Peninsula and has birded in Nepal, Bhutan, South America, and the Southwest. **Clara Mason** has gone to bird festivals in Utah, Arizona, Alaska, and Texas. She has traveled to see birds in Mexico, Scotland, Argentina, Chile, Antarctica, and the most magical place on earth—South Georgia Island.

### 4. Exploring the Hero's Journey Through Poetry

*Richard Meadows*

4 Wednesday Afternoons, Feb 11→Mar 4, 2-3:30 PM, CUMC Library



This program will explore the three main stages of the hero's journey through the reading and discussion of poetry. The chosen poems will illustrate various aspects of the hero's journey at different stages. Poets such as David Whyte, Mary Oliver, and Lucille Clifton will be studied.

Session I will provide an overview and introduction to the Departure State with the call to adventure and the refusal of the call. In addition to poetry, some relevant quotes, such as Henry David Thoreau (*We are constantly invited to be what we are*), will be part of our discussion.

**Richard Meadows**, MFA (Creative Writing of Poetry), M.Ed., is a former high school Language Arts teacher who was an English/Philosophy major at Massachusetts College of Liberal Arts. Richard enjoys exploring the world of ideas with others and the adventure of lifelong learning. Contact Richard at [nowiswow12@gmail.com](mailto:nowiswow12@gmail.com) or 503-358-3166.

### 5. Trump and Epstein: Characteristics of Sociopaths & Child Molesters

*Terry Copeland*

1 Monday Afternoon, Feb 23, 1-3 PM, CUMC Library



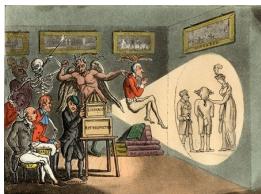
Sociopaths and child molesters are often-misused categories. This class will focus on the diagnosis of both groups, using Trump and Epstein as examples.

**Dr. Terry Copeland** first came across sociopaths while a young captain working in a military prison in Kansas. He moved to Washington and quickly focused much of his practice on the evaluation and treatment of sex offenders for the courts, evaluating about 600 offenders over 35 years. Contact Terry at [terryfredcopeland@gmail.com](mailto:terryfredcopeland@gmail.com) or 360-804-0999.

## 6. Introduction to the Magic Lantern

*Brian Rogers*

1 Thursday Evening, Feb 26, 7-8:30 PM, Magic Lantern Studio, 411 Discovery Road, PT



At the beginning of the 20<sup>th</sup> century, thousands of magic lanternists entertained the public with photographic and illustrated images. Alaska and the Klondike were introduced to the world using the magic lantern. Arctic explorers also used magic lantern presentations to raise funds for Arctic expeditions.

Utilizing an authentic magic lantern and period slides, this presentation will recreate that era with promotion of the Klondike gold rush, panoramic images of early 20<sup>th</sup>-century towns and activities, and a selection of other pre-cinema slide techniques used by lanternists of the late 1800s and early 1900s.

Lanternist **Brian Rogers** is vice president of the Magic Lantern Society of the U.S. and Canada and has been collecting magic slides and lanterns for several decades. He is a retired Alaska university chancellor, management consultant and state legislator, now living in Port Townsend. Brian is also a member of the Salish Sea Fellowship board of directors. For more information, contact Brian at [brianrogers@gmail.com](mailto:brianrogers@gmail.com) or 907-460-0969.

## 7. Rose Care & Spring Pruning

*Rob Wamstad*

1 Saturday Afternoon, Feb 28, 1:30-3:30 PM, Rob's Home in Port Townsend



Roses are well known throughout Port Townsend and the rest of the country. Frequently, they are “one-offs,” inherited from a family member or present when the property was purchased. Have you wondered when and how to prune a rose? How to cut flowers for the house? How to control disease and pests? You can read about it in a book or online, but it helps to have someone lead or fill in the gaps, especially at a local level.

Rob will cover these topics, followed by hands-on pruning in the garden (think of Tom Sawyer's fence):

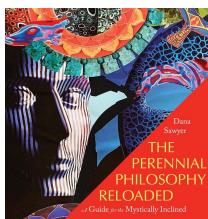
- Planting and Transplanting Roses
- Rose Care and Pruning
- Rose Pests and Disease

Roses are a hobby for **Rob Wamstad**. He has grown beds of 30 to 50 bushes from San Francisco to Boise to Atlanta to DC to Marblehead, and he was a frequent visitor to the Golden Gate Park and the Portland Rose Gardens. Recently, after installing a deer fence (hint), he has planted 50 roses. He is also known to make house calls. Contact Rob at [wamstad.pt@gmail.com](mailto:wamstad.pt@gmail.com) or 360-344-2925.

## 8. The Perennial Philosophy Reloaded

*Ken Ing*

6 Monday Afternoons, Mar 2→Apr 6, 1-3PM, CUMC Library



Many religions have a mystical tradition that is not core to the religion, but not rejected either. In 1945, Aldous Huxley wrote *The Perennial Philosophy*, which argued that these mystical traditions have some common threads. This is noteworthy, because the core of their religions cannot be said to have any universal thread connecting them all.

Huxley was enamored with the common threads of the mystical traditions, as perhaps they reveal the ultimate reality about who we are. A number of writers since Huxley have explored this idea of a Perennial Philosophy. In 2024, *The Perennial Philosophy Reloaded*, by Dana Sawyer, was published. This book takes this process to a higher level, looking for common threads between the different authors' takes on what the mystics are telling us. In this 6-week course, we will consider the insights in this new book. Attendees should read the book before the first class.

**Ken Ing** loves learning about history, politics and economics. Since retiring, he has presented over a dozen talks, all based on books he found particularly thought-provoking. This will be the 4th multi-session class Ken has offered through the SSF ALPs program.

## 9. ALPs Outreach: Great Decisions

*Joyce Francis*

4 **MONDAY** Evenings, **Mar 2→23, 5:15→6:45 PM** JC Public Library (**No SignUp Needed**)  
**OR**

4 Friday Mornings, **Mar 6→27**, 10-11:30 AM, Quimper Village Common Room (**Yes, Sign Up**)



The Foreign Policy Association (FPA) is celebrating its 107th year. Its mission is to catalyze developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. Through its balanced, nonpartisan programs and publications, the FPA encourages citizens to participate in the foreign policy process.

FPA's Great Decisions Program is America's largest foreign affairs education and discussion program. Launched in Portland, Oregon, in 1954, the program gained media attention, was picked up by local schools, and soon gained national attention.

Each of the four weeks, we'll review current information about the topic of the week, watch video presentations by international relations experts and journalists, and then discuss the U.S. foreign policy options available to us. Lastly, you'll be asked to offer your opinions on each topic through an online survey, which the FPA shares widely amongst the country's foreign policy institutions in DC.

**Joyce Francis** has facilitated Great Decisions since 2013. Before moving to the Olympic Peninsula, she taught International Relations at George Mason, Tulane, and American University prior to moving to the Olympic Peninsula. For more information, see [https://www.fpa.org/great\\_decisions/](https://www.fpa.org/great_decisions/) or contact Joyce at [joyce.francis.pt@gmail.com](mailto:joyce.francis.pt@gmail.com) or 301-512-6815.

## 10. Why All the Fuss about Psilocybin?

*Liz Barnes*

2 Monday Afternoons, **Mar 9 & 16**, 3:30-5:30 PM, Liz's Home in Port Townsend



This introduction to psilocybin will provide a glimpse into modern day uses for an ancient medicine, its safety and legality. History, ethics, and the roll of set & setting will all be touched upon. Come prepared to participate in conversation following video presentations. **NOTE:** There is a flight of stairs involved in accessing the audio-video presentations.

On her 60th birthday, in November of 2021, **Liz Barnes** embarked on a non-conventional path for treating decades of depression. That initial experience with psilocybin set her on course to become a quiet evangelist for natural medicines. She is currently in training to become a licensed facilitator of psilocybin journeys, journeys which are

preceded by rigorous screening, preparation, and followed by an integration plan. For more information, contact Liz at [mslizbarnes@gmail.com](mailto:mslizbarnes@gmail.com) or 214-912-5428.

## **11. What Happens When You Flip the Switch?**

***Gary Nelson & Friends***

1 Wednesday Morning, Mar 11, 9 AM-Noon, Field Trip beginning at CUMC



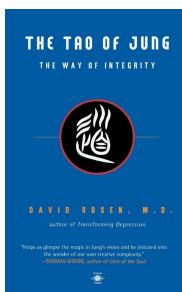
Electricity is the lifeblood of modern life, but most of us have limited understanding of the miracle that happens to enable that light to come on. Almost all our electricity is carbon-free, generated by about 30 hydroelectric dams in the Columbia River basin, and delivered to us by the Bonneville Power Administration.

Join this opportunity to visit elements of the electrical grid and get an explanation by experts from our Jefferson Public Utility District. Jemeson Hahn, JPUD Digital Communications Specialist, will lead the tour. Other JPUD electrical grid experts will join and explain their areas of specialization. For more information, contact Gary Nelson at [porpoiseseeker@gmail.com](mailto:porpoiseseeker@gmail.com) or 360-531-2395.

## **12. The Tao of Jung**

***Ron Strange***

6 Wednesday Afternoons, Mar 18→Apr 22, 1-3 PM, CUMC Library



David H. Rosen, M.D., a Jungian analyst and professor, believes that Carl Jung was profoundly influenced by Taoist thought and that he considered it a significant source of inspiration for his own development of analytical psychology. Rosen examines six crises in Jung's personal development and discovers many parallels between Jung's natural world of the psyche and that of Taoist integration of opposites. The way of integrity, the Tao, and Jung's concept of individuation may be found to have an affinity. This class will be both a basic introduction to Jung and to Taoist thought.

David was a personal friend of mine who passed in the spring of 2024. He told me, "The Tao of Jung is my best book." This reading/study seminar will be an homage to the life of a brilliant, wonderfully warm, and eccentric person who was deeply interested in Taoism, Zen Buddhism, and Jungian psychology. He wrote cookbooks, children's books, and many volumes of haiku poetry. He also performed at a comedy venue in Eugene, Oregon, where he lived.

Please acquire the book *The Tao of Jung* by David Rosen, which is mandatory for this class. Please have read through page 24 prior to the first meeting. This is a reading/study seminar not a lecture. For more information, contact Ron at [ron.j.strange@gmail.com](mailto:ron.j.strange@gmail.com) or 360-379-4908.

## **13. Blossoms, Books, and a Bite to Eat**

***Kendra Golden & Clara Mason***

1 Monday, Mar 23 (Rain Date Mar 30), 7:30 AM-5:30 PM, Field Trip to Seattle by Ferry



Clara & Kendra have teamed up to bring you a new Spring outing. This walking tour field trip will begin bright and early with a 7:30 AM departure from Port Townsend to take a ferry into Seattle, walk up to the Light Rail, and take it to the University of Washington campus to see the Cherry Blossoms in bloom in the central area of campus!

We'll have a bite to eat on campus, and then meet Adam Hall, head of Operations and Reference Services for the Suzzallo & Allen Libraries, for a 45-minute tour of the Gothic

Suzzalo Library and the modern Allen Library. Whether you graduated from UW or, like Kendra, have never been on campus, we welcome you to this adventure, with a rain or “wait for the blossoms” date of March 30. We will be doing quite a bit of walking, so be prepared. For more information, contact Kendra at [kendrajgolden@gmail.com](mailto:kendrajgolden@gmail.com) or 360-774-1576.

#### **14. Cooking Simple French Cuisine**

*Judy King*

1 Saturday Afternoon, Mar 28, 1-5 PM, Judy's Kitchen in Port Townsend



The bistro exemplifies the French tradition of enjoying simple but hearty dishes served in a cozy, informal atmosphere. In this class, all recipes will be demonstrated by the instructor and detailed recipes are provided in order that participants will be able to recreate these dishes on their own.

Class ends with a sit-down meal paired with wine. Menu: *Gougeres* (cheese puffs), *Salad Verte* with Herb Baked Goat Cheese and Red Wine Vinaigrette, *Coq Au Vin* (chicken with wine) and French Apple Cake. There will be a materials fee of \$25 per person to cover the cost of food and wine.

Judy King has been an enthusiastic home cook for over 40 years. She is also a 2007 graduate of the San Diego Culinary Institute. Exploring and preparing cuisine from around the world has been and continues to be her lifelong passion. Her classes emphasize recipes and techniques that are accessible to the home cook. Contact Judy at [judith.king2@icloud.com](mailto:judith.king2@icloud.com) or 360-643-5374.

#### **15. To Be Is Enough: The Descent into Wholeness**

*Tai Sheridan*

1 Saturday, Apr 4, 10 AM-2:30 PM, Quaker Meeting House, Port Townsend



During this workshop, Tai will teach the Spiritual Embodiment Ritual, which is a living practice designed to help people integrate body, mind and spirit in everyday life. It is a simple, deep inner silence, presence, and wholeness. A light lunch will be provided by facilitators Gail Sandlin and Karen Wamstad.

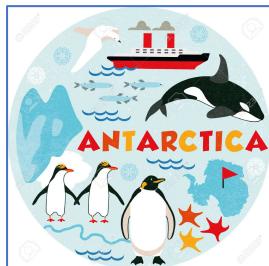
Tai Sheridan is a writer, artist, psychologist, yoga teacher trainer, and ordained Zen Buddhist. He is the author of the bestselling contemplative *Buddha in Blue Jeans* series. Tai has practiced Zen, tai chi, and yoga for fifty years. His doctorate is in somatic psychology. He lives in Port Townsend, Washington. See <https://www.taisheridan.com>.

For more information, contact Gail Sandlin at [gbsandlin@gmail.com](mailto:gbsandlin@gmail.com) or 360-551-1625 or Karen Wamstad at [kjmwamstad@gmail.com](mailto:kjmwamstad@gmail.com).

#### **16. Why Antarctica?**

*Rob & Karen Wamstad*

1 Thursday Afternoon, Apr 9, 1:30-3:30 PM, CUMC Library



In the southern hemisphere summer of 2024, Karen and Rob (at the encouragement of their daughter) joined her to visit Antarctica. On returning home we found that few have visited Antarctica, and there is a certain mystique about that part of the world. Rob was invited to make a photo presentation to several small organizations and to friends who were either planning a trip or wanted the virtual experience. We would like to share highlights.

The trip started in Ushuaia, Argentina, where all trips to Antarctica start, racing across the Drake Passage to beat a forecasted storm. Arriving Antarctica in protected waters we boarded Zodiac boats to go ashore on the Antarctica archipelago and continent, then on to South Georgia, and the Falklands as well as passing Elephant Island and the massive iceberg A23a.

Of the eight resident penguin species, we were able to walk with conditions among and photograph seven (emperors were breeding inland). From Shackleton's voyage to whaling and the Falkland war, the area's human history is also fascinating. And the geological features are spectacular. While visiting glaciers and dodging icebergs... (to be continued). Contact Rob at [wamstad.pt@gmail.com](mailto:wamstad.pt@gmail.com) or 360-344-2925.

## 20. Depolarizing Ourselves

*Braver Angels Workshop Leader Sol Riou*

1 Monday, Apr 20, 1-4 PM, CUMC Library



This workshop teaches participants to look at their own attitudes towards the political "other," and to develop strategies for engaging in politics without demonizing and for intervening in conversations with like-minded peers when those conversations stereotype or demonize the other side.

It is ideal for organizations like communities of worship, social clubs, or educational institutions that want to reduce or avoid the divisiveness of political polarization. You will do a self-assessment exercise, learn to counteract your inner polarizer, and practice communication skills to avoid polarizing conversations.

**Sol Riou** retired to Port Townsend in 2018 after a career in advertising and a second career in social work. Most recently, a mental health therapist, she focused on bringing mindfulness meditation to the public schools in Tacoma. She has been actively involved in Braver Angels since 2022 and has been a Braver Angels Ambassador since 2024. See <https://braverangels.org/>. For more information, contact Sol at [sriou@gmail.com](mailto:sriou@gmail.com).

## 21. Biking Tours

*Nils Pedersen, Joyce Francis & Friends*

5 Fridays, May 1 → 29, Various Trails in NW Washington



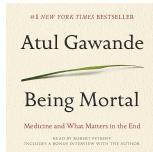
This year, the Rails to Trails Conservancy updated its "Definitive Guide to Multiuse Trails in Idaho, Oregon, & Washington" (see <https://www.railstotrails.org/>). We want to dedicate May to day trips exploring some of these nearby trails and hopefully one or two multi-day trips farther afield. Those who sign up will influence the trails we choose.

Everyone in our riding group, except Nils, has "aged into" e-bikes, and we generally take a sedate pace. Four of us toured the tulip farms on Whidbey Island, six of us explored a trail along the Coeur D'Alene River in Idaho, twelve of us cycled from Victoria to Sydney BC, and Nils & Joyce spent a week cycling around Mallorca, Spain. Join us for more adventuring. For more information, contact Joyce at [joyce.francis.pt@gmail.com](mailto:joyce.francis.pt@gmail.com) or 301-512-6815.

## 19. Being Mortal by Atul Gawande

*Joannie Murphy & Paul Hinton*

5 Wednesday Afternoons, **May 6 & May 20 → Jun 10 (NEW DATES)**, 3:30-5 PM, CUMC Library



We have come to medicalize aging, frailty, and death, treating them as if they were just one more clinical problem to overcome. However, it is not only medicine that is needed in one's declining years but also life – a life with meaning, rich and full as possible under the circumstances.

*“Being Mortal is not only wise and deeply moving. It is an essential and insightful book for our times, as one would expect from Atul Gawande, one of our finest physician writers.”* Oliver Sachs

**Paul Hinton & Joannie Murphy** are partners who believe that consideration of our mortality is the threshold to finding joy as we age. They look forward to facilitating thoughtful discussions of this book. For more information, contact Paul at [paulsailon@aol.com](mailto:paulsailon@aol.com) or 817-291-5669.

## 20. A Taste of Summer

*Judy King*

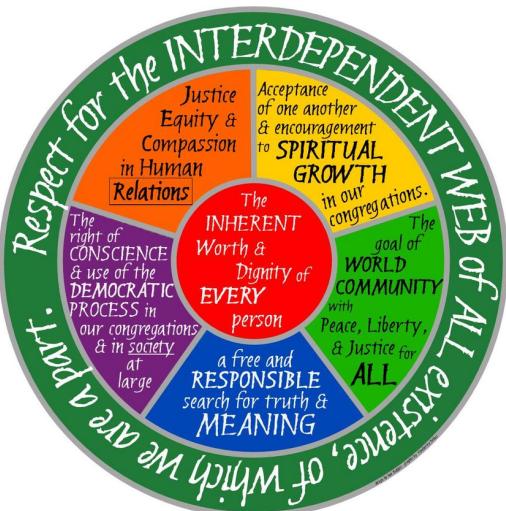
1 Saturday, May 30, 1-5 PM, Judy's Kitchen in Port Townsend



With summer just around the corner, this class focuses on lighter, brighter flavors and would make a perfect dinner party menu to kick off the season. There will be a materials fee of \$25 per person to cover the cost of food and wine.

All recipes will be demonstrated by the instructor. Detailed recipes are provided so that participants will be able to recreate these dishes at home. The menu includes: Double Cheese Spread with Zesty Italian Salsa & Crostini, Spinach & Watercress Vichyssoise with Lemon-Chive Cream, Sautéed Chicken Breasts with Mustard & Fresh Tarragon, Lemon Rice with Capers & Parsley, Tomatoes Provençal, and Lemon Tart Topped with Raspberries & Fresh Mint.

**Judy King** has been an enthusiastic home cook for over 40 years. She is also a 2007 graduate of the San Diego Culinary Institute. Exploring and preparing cuisine from around the world has been and continues to be her lifelong passion. Her classes emphasize recipes and techniques that are accessible to the home cook. Contact Judy at [judith.king2@icloud.com](mailto:judith.king2@icloud.com) or 360-643-5374.



*The Salish Sea Fellowship (SSF) is a free-faith center for liberal religion, providing an independent educational & spiritual community of mutual support that embraces these traditional seven principles of Unitarian Universalism.*

<https://SalishSeaFellowship.org>