



UUCP News

Unitarian Universalist Church of the Palouse

October
2017

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In This Issue

October Sunday Services	1
Minister's Musings: A People of Courage	2
In the Family	2
Seasons Restaurant Receipts.....	2
Church Chat: Community Census and Minister's Travels.....	3
"New to UU" Workshop.....	3
Wholly Crones	3
Environmental Task Force.....	4
Family Promise Weeks	4
UUCP Mah Jongg Party	4
PPQ News.....	5
The Green Sanctuary	5
Want to Borrow Tables/Chairs/ Etc. from UUCP? Here's How	5
Religious Exploration News: 2017-2018 Classes & Curricula; RE Brunch Oct. 15; This Month in RE; Soulful Wednesday ...	6-7
Refuge Recovery.....	8
Social Justice Brown Bag	8
YUU Wanna Play?.....	8
October Calendar	9
October Events & Dates to Re- member; Staff Contact Info...	10
The Bible for UUs.....	11
The Peaceful Person's Guide to Self Defense	11
Buddhist Fellowship	11
Retirees' Lunch Oct. 5	11
Modern Celts Dance Club.....	11
Help Wanted: Sidekicks!	11
Soul Matters: Suggested Spiritual Exercises	12-13
Bits from the Board.....	13
Month of Sundays: Boost Collab- orative.....	13
Living the 7th UU Principle.....	14
Chants to Dive Deep	14
Communication & Connection .	15
Help Keep UUCP on NWPR	15
UUCP Mail/Email Information	16

This Month's Theme: A People of...Courage

October 1, 10:00 am

Meeting Life with an Open Heart

Service Leader: Rev. Elizabeth Stevens

Worship Associate: Jamal Lyksett

Drawing heavily on the book True Refuge by Tara Brach, this service will invite people to let go of the strategies and techniques that we *think* keep us safe (distancing, categorical thinking, addiction, etc.) and embrace ways of being in the world that keep our heart open. What are the practices that help us learn to trust our own strength and resilience?

October 8, 10:00 am

One Little Word

Service Leader: Rev. Elizabeth Stevens

Celebrant: Daniel Stevens

The Goldmine Youth Leadership School always includes in the opening worship an old Jewish story that includes the question: "What is it for us to do?" that is answered, in unison, "It is for us to heal the world." However, as time went on, Goldmine graduates began talking about how this refrain made them feel responsible, and unfairly weighted down, and asked that a single word be added: "It is for us to *help* heal the world." The act of adding this one little word means that our feelings of overwhelm at the immensity of the world's problems no longer can keep us from doing the small things we can.

October 15, 10:00 am

True Courage

Service Leader: Mary Jane Oatman

Celebrant: Rev. Elizabeth Stevens

Mary Jane is a Nimi'ipuu activist who, with her infant daughter in her arms, stood in the road to block the mega-loads and keep them from moving through tribal lands. We will hear about her experience, and perhaps be inspired by her example to become even more active in the native-led efforts to block the expansion of fossil fuels.

October 22, 10:00 am

Elder Treasures

Service Leader: Rev. Elizabeth Stevens

Celebrant: Elisabeth Berlinger

We will meet and celebrate the Elders of our congregation- those who are over 80 years old- with gifts and song. We'll also reflect on the changes they've witnessed in their lifetime, and give thanks for all of the ways their wisdom and experience enrich our lives and our community.

October 29, 10:00 am

This I Believe, Finding Our Footing in the Face of Loss

Service Leader & Celebrant: Members of The Worship Committee

Within the framework of our "This I Believe" services, we will be exploring responses to profound loss of family members and/or friends. Several perspectives will be shared. A "Stones of Remembrance" ritual will help us focus our thoughts toward compassionate community response to loss and grieving.



Minister's Pages



Minister's Musings October 2017: A People of Courage

Here is the world. Beautiful and terrible things will happen. Do not be afraid.
- Frederick Buechner

The steps to spiritual growth are simple. Be present to life as it is. Breathe. Trust the resilience of the soul and follow the lead of the still, small voice. If the heart needs to break, let it; this is how hearts become more capacious. Love. Let go. Repeat.

The barrier to spiritual growth is simple, as well: fear. We resist change because we are afraid of loss. We resist loss because we are afraid of pain. We hide from the parts of life that are unfamiliar, difficult, or overwhelming. If we aren't careful, we find ourselves trapped in a cage of our own making. We may be safe, but we are also insulated from life, alone, and powerless.

Courage is that quality that throws open the door of the cage, freeing us to be in the world again. Courage invites us to bear witness to injustice, and then to respond - to lend our efforts to the grand process of human evolution. But courage also nudges us to pick up the phone and call the estranged friend or the potential lover. Courage allows us to speak truth - to power or to our trusted friends. It takes a lot of courage simply to be human in these times.

What are the deep sources of your courage? Who are the people who inspire you to live more fully? What are the practices that renew and restore your

strength, that allow you to keep on keeping on?

Religious community at its best provides inspiration, shared strength, companions on the journey. It offers spaces for courageous truth-telling, and safe spaces where we can learn from and heal from the truths that are hard to swallow. We are braver together than we could be alone. We are wiser together than we can become on our own.

In this season when the whole of nature reminds us of mortality, may we find with one another the courage to "love what is mortal, hold it against our bones knowing our own life depends on it, and, when the time comes to let it go, to let it go." (Mary Oliver, "In Blackwater Woods.")

In this season when we are invited to consider the legacy of colonization and exploitation by white settlers on the indigenous people, may we find with one another the courage to confront our complicity, and allow our hearts to break. May the stories of the people who inhabited this land help us to "realize that at the center of the Universe dwells the Great Spirit and that this center is really everywhere, it is within each of us." (Black Elk, Oglala Sioux)

In this season when we flirt at the edge of the unknown, and invite the things which go bump in the night into our homes, may we face our fears with courage and an open heart, to learn and grow and become more fully the people the world needs us to be.

A blessed and brave October to one and all...

In the Family

Congratulations to: Krista Kramer & Nils Peterson who, in August, celebrated their 30th wedding anniversary, 20th anniversary of the barn raising, Karina's 16th birthday, and got a new dog; Lillia Green, who has a new career; Scott Campbell, who has been accepted to the United Theological Seminary of the Twin Cities; and Carey Scott's cousin Molly on the birth of her first child, Lilly Ann.

Please Hold in Your Thoughts: The Leonard Family—Kenneth Ian was born at 29 weeks and is struggling to breathe, but otherwise perfect.

Condolences to: Karen Ward on the death of her mother; Donna Holmes Parks on the death of her father; and Kimberly Green on the death of her mother.

Please notify the office, uuchurch@moscow.com or 882-4328, of any family news to be included here.



Help UUCP with Best Western Seasons Restaurant Receipts

Bring your receipt from dining at the Best Western Seasons Restaurant (this must be the restaurant receipt, NOT your credit card receipt) to the UUCP, and each month Best Western will write UUCP a check for 10% of the total! Receipts can be mailed to the church (PO Box 9342, Moscow, ID, 83843), deposited in the office drop box, or added to the collection plate on Sundays. Questions? Contact Sue Allard, 208-882-7320.



Minister's Pages



Church Chat: Community Census and Minister's Travels

"We are only as strong as we are united, as weak as we are divided."
— J.K. Rowling, *Harry Potter and the Goblet of Fire*

As we were starting to discuss this year's pledge drive, the Stewardship Committee got to talking about what makes our church such a wonderful place. Yes, we need financial pledges to keep the lights on and to pay our staff...but what matters most are the connections we make with one another and with the church!

We decided to incorporate the financial 'ask' as part of a broader campaign to touch base with all of our members and friends. We want to strengthen those connections. We'd like to help people who have not quite plugged in to find their place, and we'd like to invite people back who might have drifted slightly away. We want to gather information - like a census - to find out:

- How is church working for you?
- What do you give, in terms of volunteer time, energy?
- What support do you need?

Someone should be getting in touch with you to check in, and listen to your answers to the questions above. Our tracking systems aren't perfect, so if you

would like a visit and no one has contacted you, please let us know. And if you are interested in being someone who asks the questions, please consider attending our brief training on Saturday, October 7, from 10:00 am-12:00 pm. Child care will be provided.

In these turbulent times with the 24-hour news feed, we need one another more than ever. I imagine survivors of a shipwreck, with individual lifejackets, but being tossed around by the waves. We are much more likely to survive if we clump together, wrap our arms around one another, and make sure that no one is at sea on their own.

In unrelated news, I will be traveling for much of the month. I am taking a week of study leave from October 16-21, returning for our Elder Celebration on Oct. 22, and then flying out for a UUMA Board meeting from Oct. 23-27. My regional chapter meeting runs from Oct. 28-November 1, after which I will gratefully and tiredly return home.

While I am away, Rebecca Rod will be covering my Wednesday Community Office Hours from 3:30-5:00 pm at Café Artista, and Ginger Allen will host them on Thursdays at Café Moro, also 3:30-5:00. I will also be somewhat available by email and phone if questions come up that only I can answer.

New to UU Workshop-- Are you a newcomer at UUCP? Would you like to know more about us? Please consider joining Rev. Elizabeth Stevens for a **NEW to UU Workshop and light lunch**. There will be time to get acquainted and ask questions as you are introduced to Unitarian Universalism, including a little history and understanding of our shared values and principles. You will come away with a better understanding of what our congregants love about this church and what keeps us coming back for more at the UUCP.

We are offering one workshop this fall, so please let us know if you'd like to attend.

When? Sunday, November 5, 2017

Where? The church Fellowship Hall (basement)

RSVP please to: Summer, our administrative secretary at the church office, 208-882-4328 or uu-church@moscow.com, or Pat Rathmann at 208-882-8262.

Child care is available upon **advance request**.

Wholly Crones

Wholly Crones is a group of friendly "life-experienced women" who meet on the first and third Tuesdays of every month (September - May) at 1:30 pm. Meetings are held in the Micky Lounge at Good Samaritan, 640 N. Eisenhower, in Moscow.

We invite women of the UUCP to join us. We will explore and discuss a variety of topics such as aging, decision making, women's issues, current events, medical care in America, and spirituality in the second half of life. Feel free to bring a bag lunch or snack. For Questions or further information phone or email Sue Allard (jifsue@moscow.com, 208-882-7320).



UUCP Environmental Task Force October 2017 Report

In his poem, "A Prayer for This Time," Joshua Leach reminds us "To all who are hungry because the river did not run or because it ran too much, we wish you food." He continues, "To all the beings on the receding shore, to all the creatures of the churning seas.....we wish you peace and safety."



Chief Timothy Park. Along with kayakers, northwest tribes brought their canoes to float several miles of the Snake River in support of Columbia Basin salmon. In addition, to the salmon, the Pacific lamprey that cannot negotiate fish ladders are threatened. They have only been protected due to the efforts of the Nez Perce and the Tri-cities Tribes. We will be presenting the research of two UI graduate students on the cultural and food importance of the lamprey and also the status of the EPA which are very critical to these issues. Environmental Lawyer Dana Johnson will share information on local wildlife that are threatened and possible ways to help.

Couldn't these words introduce "Chasing Coral," the climate change documentary we joined PESC and CCL to show at the church on September 27? As the oceans warm, the corals bleach and die which the film makers illustrated with time-elapse photography. As the corals die so do the living creatures dependent on them. Since more than 3.5 billion people live off of the oceans' food sources, what will be the result if we do not stem the tide of ocean warming and acidification? And fossil fuel use? We were very thankful to Michael Jennings who answered some of these questions in the discussion after the showing.

We are very excited to bring Al Gore's new film "An Inconvenient Sequel" to the Kenworthy in November as the Coop's monthly Food for Thought selection. As PESC has purchased the film, we hope to show it several times at the church and in the community.

What we drive and how we drive affects our fossil fuel use. Several members celebrated National Drive Electric Week at the Rosauer's Parking lot on September 9 where owners showed off their electric cars and hybrids including the new Teslas. They were able to learn what it's like from actual owners.

Members who did not attend this event were able to take part in the annual "Free the Snake Flotilla" at

We started the month of October by marching in the annual UI Homecoming Parade and will end the month joining the Nimiipuu Protecting the Environment at their workshop on October 28 at the Clearwater Casino. In order to practice our mission statement to mitigate climate change and other environmental issues, we work with other groups like the Nimiipuu and the UI Environmental Law Society whose missions support our own. The UI Law group hopes to bring lawyers from the Children's Law Trust to town to discuss the CLT law suit on climate change against the US Government before the case goes to trial in February. We will be involved with that as well.

When asked by a student audience, how to lead a good life, Marco Magoa advised them to live each day with the goal of making the world a better place. If you share this philosophy, please join our group at our next planning session after church in the Yellow House on October 15 to share your contribution toward environmental justice.



UUCP Upcoming Family Promise Weeks at The Yellow House:

Sunday, December 17 - Sunday, December 24

On the first Sunday of a stay, we set up at 1:00. This allows our RE classes and childcare to take place as usual in the Yellow House. On the second Sunday of a stay, we pack up by 9:00 to allow classrooms to be set up again.

UUCP Mah Jongg Party

The October Mah Jongg party will be held on Sunday, October 1 at the home of Steve Flint, 4961 Lenville Road, Moscow. Please come at 6:30 PM. Bring a snack to share and a Mah Jongg set if you have one. Let Steve know whether you plan to come (208-882-8621; flint.stephan@gmail.com).



PPQ News



The excitement in September was a surprise visit from Dr. Jill Seaman, our favorite beneficiary of PPQ funds. She was visiting Moscow, where she still owns her parents' home, for a few days between her two month stint at the Alaska Native Medical Center and her flight back to Old Fangak, South Sudan. She even brought us cookies.

It's been a tough year in Old Fangak. Normally a small village of about 5000 people accessible only by river or the occasional bush plane, it is now home to about 40,000 refugees fleeing the war and famine. Malnutrition and anemia complicate treatment for tuberculosis, brucellosis, AIDS and a new outbreak of Kala Azar. Doctors Without Borders has a presence in South Sudan and has been active in diagnosis and treatment of AIDS. The World Food Project has been instrumental in famine relief with drops of food from small planes, including that favorite, Plumpy Nut.

Other diseases that become common in crowded, stressful living conditions include cholera, malaria, leprosy, diarrhea and hepatitis B, along with infected wounds and ulcers. Jill is truly a miracle worker as the person who keeps all of this functioning. We are honored to help by preparing and mailing the Clinic's twice-yearly newsletter and fundraising appeal. If you are interested in supporting this work financially, talk to any member of the Purple Paisley Quilters. We are the ones hanging out in the basement of the church every Monday evening, quilting and doing other useful things. Come and visit with us. You'll be glad you did.

UUCP Green Sanctuary Committee

What is our personal and our congregational place in the web of life of Moscow? Is anything we do really sustainable? These are some of the questions we are grappling with in the "Our Place in the Web of Life" class the GSC and Social Justice committees have organized.

A group of nine congregation members met 3 times in the month of September. We've shared our stories about what we are grateful for and value about where we live and our community. We've also explored our relationship to the things we buy, are given, and throw away.

If you haven't watched "The Story of Stuff" (<http://storyofstuff.org/movies/story-of-stuff/>) it's worth watching (or re-watching if you've seen it already). It will introduce you to or reinforce for you the connections between what we buy and throw away and the resources used to make it all. The Story of Stuff Project's website (storyofstuff.org) is a great resource to help us make informed choices about what we choose to purchase and ways to reduce what we throw away.

There are 2 remaining sessions to the "Our Place in the Web of Life" class, Oct. 8 and 15. We will be digging deeper into the ecological justice relationship of ourselves and our congregation to Moscow's web of life and coming up with ideas for an action plan. Please join us at 11:45 in the church sanctuary.

Want to Borrow Tables/Chairs/Etc. from UUCP? Here's How!

It isn't unusual for one of us to borrow something from the church on occasion when we are hosting an event that needs some chairs, or you are putting on a reception and really could use a larger coffee pot. Our plastic chairs graced the stage at the Women's March and again at the Climate March, and are often seen at parties at the McConnell Mansion. Our coffee pot goes to the Renaissance Fair and the Martin Luther King Jr Breakfast. While the church wants to support all these activities whenever possible, sometimes things go missing when they are needed at the church. To make this process go more smoothly, we are instituting a few rules for borrowing.

1. Check the calendar with Summer to be sure that there is not an event at the church that will need the item of interest.
2. Fill out the Lending Log with your name, phone number or e mail address, what you are borrowing, the time the items are taken and the time the items are returned. Of course, be sure the items are clean and in good condition when returned. You may be asked to pay a security fee refundable upon return of the borrowed items.

Thanks in advance for helping to make this easy and stress-free for us all!

Religious Exploration News—This Month in RE

2017-2018 Religious Exploration Children's Classes and Curricula

Children ages prek-8th grade attend the first part of our 10:00 am service and begin classes in the Yellow House after the Time for All Age portion of the service. Classes run until 11:30. Middle School Our Whole Lives and High School Youth meet 12:00-2:00 in the Yellow House.

Nursery care for children aged birth – 4 years old is available from 9:45-11:30 each Sunday.

Prek (age 4*) - First Grade: Spirit Play

Meets in Yellow House Basement; 10:00 am Service

Spirit Play is a model of Religious Exploration that invites children to create their own spiritual expressions and reflect on their own understandings of faith, spirit and story. Drawing inspiration from the Montessori Method, this class centers around hands-on stories that illustrate our values and faith which are followed by open ended 'wondering questions' which invite children to express their own thoughts and understandings of the concepts presented. Children then are invited to reflect through self-chosen spiritual tasks around the classroom which will include art responses, spirit work such as yoga and creating with blocks, a reading nook, and re-exploring stories.

Grades 2-3: Soul Matters

Meets in Yellow House Main; 10:00 am service

Soul Matters is a way of transforming our religious exploration classes to dive deeper into the themes that shape our lives and to connect us with our larger church community. Each month the whole church will embark on a new theme which will be explored through experiences in story, song, service, movement, activities and connection to ourselves and others. Each week we will look at the monthly theme through a new lens, allowing each child to fully connect in his or her own way. The monthly themes for the fall include Welcome, Courage, Abundance and Hope.

Grades 4-8: Soul Matters

Meets in Yellow House Youth Room; 10:00 am service

Our older elementary children and middle school youth are also embarking on our Soul Matters journey. They will explore the same themes as the younger and older youth through age appropriate activities, service, and engagement of self. Note that this class is available for all middle school youth regardless of their participation in the OWL program which occurs after church. In this way all of our middle school youth are served in each Sunday morning.

Middle School OWL

Meets in Yellow House Main, 12:00-1:30 pm Sundays (schedule varies)

Our Whole Lives (OWL) is a comprehensive sex and relationship program that views sexuality as a vital part of our human and spiritual self. With a holistic approach, Our Whole Lives provides accurate, developmentally appropriate information about a range of topics, including relationships, gender identity, sexual orientation, sexual health, and cultural influences on sexuality. This program requires a parent orientation and firm youth commitment through the church year. Middle school youth who are not part of OWL are welcome to join our 10 am programing.

Grades 9-12: Youth Group

Meets in Yellow House Youth Room (Upstairs); 12:00-2:00 pm most Sundays

This group is encouraged to take leadership over the direction and function of their group. They will be also using the Soul Matters theme of the month to guide their engagement in the group, the church and our community. Facilitated by amazing youth leaders from our church, this group can be seen going on a summer rafting trip, attending area youth conferences, becoming involved in community events and justice work, as well as hanging out and being offered the space to find their own spiritual paths.

"RE Brunch" October 15, 9 am, Yellow House Main

Gather with other families and the RE team before church the third Sunday of each month for a light breakfast and time to connect with others before church begins. This is perfect for our early risers and those who want a bit of social time in the morning.

DLRE Office Hours: Ginger will be available for office hours at the church Monday, Wednesday and Friday mornings 9:00-12:00 with other times available by appointment.

This Month in Religious Exploration—October 2017

This Month in Religious Exploration: “What Does it Mean to be a People of Courage”

October 1

Spirit Play (ages 4-1st Grade): “Promises” Rather than a doctrine or creed, our church covenants to support our seven principles. Today we will introduce these principles using the idea that these are the promises we make to each other and to the world.

Grades 2-3 and Grades 4-8 (separate classes): Soul Matters Theme – “Courage.” Today the children will be exploring the meaning of courage, specifically feeling fear and choosing to act with love.

Our Whole Lives (Middle School): 12-1:30 pm, Yellow House Main. Workshop 2: Examining Values

High School Youth Group: Soul Matters Theme – “Courage.” Each week our youth will explore the Soul Matters theme of the month through readings, activities, games and discussion. Expect a service project and hands on ways to make a difference in our world.

October 8

Spirit Play (ages 4-1st Grade): “Red Promise: Fredrick” Our first promise to each other as Unitarian Universalists is to respect all people. Come hear a story that reflects on this promise and how we can live it each day.

Grades 2-3 and Grades 4-8 (separate classes): Soul Matters Theme – “Courage.” The children will listen deeply within themselves and discover the courage to follow your heart.

Our Whole Lives (Middle School): 12-1:30 pm. Workshop 3: The Language of Sexuality.

High School Youth Group: Soul Matters Theme – “Courage.” Each week our youth will explore the Soul Matters theme of the month through readings, activities, games and discussion. Expect a service project and hands on ways to make a difference in our world.

October 15

Spirit Play (ages 4-1st Grade): Ordinary Mary's Extraordinary Deed.” Can one action change the world? Find out as we explore our Orange Promise, “Offer kindness.”

Grades 2-3 and 4-8 (separate classes): Soul Matters Theme – “Courage.” These classes will explore the ideas of having the courage to let go.

Our Whole Lives (Middle School): 12-1:30 pm. Workshop 4: Anatomy and Physiology

High School Youth Group: 12-2 pm. Soul Matters Theme – “Courage.” Each week our youth will explore the Soul Matters theme of the month through readings, activities, games and discussion. Expect a service project and hands on ways to make a difference in our world.

October 22

Spirit Play (ages 4-1st Grade): Feast/Work Day. Today we will share a healthy snack together to support our sense of community and connectedness. This will be followed by a work day in our classroom.

Grades 2-8: Children’s and Youth Chapel – “What does it mean to be a people of courage?” Today we will think of times we felt afraid and find ways to act courageously.

Our Whole Lives (Middle School): 12-1:30 pm.

High School Youth Group: Soul Matters Theme – “Courage.” Each week our youth will explore the Soul Matters theme of the month through readings, activities, games and discussion. Expect a service project and hands on ways to make a difference in our world.

October 29

Spirit Play (ages 4-1st Grade): Story of Courage. Hear the story of “The Wise Teacher’s Test” which helps us learn to listen to our inner voice and take action.

Grades 2-3 and 4-8 (separate classes) Soul Matters Theme – “Courage.” We will find ways to act with courage in our lives and in our community.

Our Whole Lives (Middle School): 12-1:30 pm. Workshop 5: Personal Concerns about Puberty

High School Youth Group: CON. The youth will be traveling to their UU Youth Conference this weekend.

“Soulful Wednesday” October 11, 6:00-8:00 pm

Once per month we will be gathering for food, community, fun and engagement with our monthly Soul Matters theme. This month our theme is “What Does it Mean to be a People of Courage.” We will engage in activities and learning around this topic as well as have a chance for food and connection. Please bring a potluck dish to share! This replaces our previous “It’s Elementary” evenings, but rest assured we will still have game nights!

Refuge Recovery, Mondays, 7:00 pm in the Yellow House

Refuge recovery is a non-theistic, Buddhist-inspired approach to recovery from addictions of all kinds. We are a community of people dedicated to the practices of mindfulness, compassion, forgiveness, and generosity, using meditation and kindness to heal the pain and suffering that addiction has caused in our lives and in the lives of those around us.

Our weekly peer-led meetings include guided meditations, readings from the book *Refuge Recovery*, and group sharing and discussion.

We meet every Monday night at 7:00 pm in the Yellow House.

Returning to UUCP: Thursday Social Justice Brown Bag

Join us for a brown bag lunch on the **2nd and 4th Thursdays, 12:00 noon-1:00 pm** in the church basement. We'll be discussing Social Justice issues put forward by the UUA, the UUSC, and others as the group's interest dictates. Meetings may be led by Rev. Stevens, Ginger Allen, and/or Ken Faunce.



YUU Wanna Play?

A monthly series of play dates with fellow UUs.

Making time for play and laughter with others is an essential part of building and maintaining resilience and strength, both individually and as a community. We need this now more than ever.

Conceived by April Rubino and blessed by Ginger Allen, all are invited to participate in any and all sessions. April and Ginger definitely want collaborators and co-facilitators to help with set-up, clean-up, childcare and publicity so it remains fun for everyone! There will be a signup genius so people can sign up to attend and possibly co-facilitate (maybe two per session, so no one does it alone?) with an option for "childcare upon request" to determine that need each month.

Tentatively planned for the last Weds of the month from 6:00-8:00 pm with a light potluck.

- **October: Ecstatic dance/bellydance night** Time to drop into your sensuous animal body and move to the rhythms of exotic music.
- **November: Make Up Group Stories, Pictionary, Charades** Hold your tongue and let your creativity run rampant as we write, draw and pantomime our ideas.
- **December: Board Games, Card Games** Bring your favorite board games or card game ideas to share. Or just show up.
- **January: Wacky Makeover Hair, Makeup & Clothing Exchange Party** If you have your own makeup and hair products, bring them. Also your gently used clothing that you are ready to let go of. And we'll help each other create a brand new look!
- **February: Draw, Color, Fingerpaint, Sculpt** We'll have materials to share; bring your own if you have them.
- **March: Drumming Circle** Time to drum out the winter by banging, clanking, shaking or clapping in a trance-inducing interplay of rhythms. Dancing is allowed.

We hope people who love a certain activity will step up as co-hosts for this series and also independently plan to organize more such gatherings throughout the year.

***Adult Sleep-Over** could be added after any of the monthly gatherings for those who want to stay. This will be another sign-up genius option each month. **If you select it, be prepared to co-facilitate it.**



October 2017

YHM — Yellow House, Main Floor
YHB — Yellow House, Basement
YH2 — Yellow House, Second Floor
CS — Church Sanctuary
CB — Church Basement

Sunday	Monday	Tuesday	Weds.	Thursday	Friday	Satur-
1 10:00 am Service 12:00 pm Youth Groups, YH 6:30 pm Mah Jongg Party	2 6:00 pm Grief Support Group, CS 7:00 pm Refugee Recovery, YHM 7:30 pm PPQ, CB	3 1:30 pm Wholly Crones, Good Sam Micky Lounge 7:00 pm Bridge Grp II, CB 7:00 pm Buddhist Fellowship, CS	4 6:00 pm PFLAG, CB 6:30 pm The Bible for UUs (Adult RE), YHM	5 11:30 am Retirees' Luncheon, The Breakfast Club 7:00 pm Choir, CS	6 7:30 pm Folk Dancing, CB	7 10:00 am Congregational Census-Taking Training, CB & CS
8 10:00 am Service 11:45 am Our Place in the Web of Life (Adult RE), CS 12:00 pm Youth Groups, YH 7:00 pm Bridge Group, CB	9 7:00 pm Refugee Recovery, YHM 7:30 pm PPQ, CB	10 7:00 pm Bridge Grp II, CB 7:00 pm Buddhist Fellowship, CS	11 10:30 am Exec. Comm Mtg, CB 4:30 pm Paradise Ridge Defense Coalition Mtg, YHM 5:00 pm Souful Wednesdays, CB 6:30 pm The Bible for UUs (Adult RE), YHM	12 12:00 pm Social Justice Brown Bag Lunch, CB 4:00 pm Latah Co. Human Rights Task Force, YHM 7:00 pm Palouse Prairie Foundation Board Mtg, YHM 7:00 pm Choir, CS	13 7:30 pm Folk Dancing, CB 7:00 pm Living Voices "Hear My Voice", CS	14
15 10:00 am Service 9:00 am RE Brunch, YHM 11:45 am Our Place in the Web of Life (Adult RE), CS 11:30 am Worship Comm Mtg, TBA 12:00 pm Env. Task Force, CB	16 6:15 pm UpStanders Mtg, CS 7:00 pm Board Mtg, CS 7:30 pm Refugee Recovery, YHM 7:30 pm PPQ, CB	17 1:30 pm Wholly Crones, Good Sam Micky Lounge 7:00 pm Bridge Grp II, CB 7:00 pm Buddhist Fellowship, CS	18 6:30 pm The Bible for UUs (Adult RE), YHM	19 7:00 pm Choir, CS	20 7:30 pm Folk Dancing, CB	21 4:00 Chants to Dive Deep, CS
22 10:00 am Service 11:30 am SGM Facilitators' Mtg, Ginger Allen's office 12:00 pm OWL Parent Group, CS	23 7:00 pm Refugee Recovery, YHM 7:30 pm PPQ, CB	24 7:00 pm Bridge Grp II, CB 7:00 pm Buddhist Fellowship, CS	25 6:00 pm YUU Want to Play?, CB 6:30 pm The Bible for UUs (Adult RE), YHM	26 12:00 pm Social Justice Brown Bag Lunch, CB 7:00 pm Choir, CS	27 7:30 pm Folk Dancing, CB	28 11:00 am Modern Celts Irish Dance, CB
29 10:00 am Service 12:00 pm Youth Groups, YH	30 7:00 pm Refugee Recovery, YHM 7:30 pm PPQ, CB	31 7:00 pm Bridge Grp II, CB 7:00 pm Buddhist Fellowship, CS				

The Bible for UUs

with Nick Gier, Yellow House Main Beginning Wed Oct 4, 7:30-9:30 pm



Many UUs have a negative view of the Bible, especially the Old Testament. Nick wants to disabuse you of this idea. Topics covered included: The Real Meaning of Sodomy (It's not what you think), the 3-Story Universe, Old Testament polytheism, the Hebrew Goddess, abortion, feminism in the New Testament, the alleged divine inspiration of the New Testament, and much more. This class will meet for six weeks beginning October 4 and skipping Oct 11

The Peaceful Persons Guide to Self Defense

Joseph Vaughan, Eric Wegner, Dyonne Davidson; 1912 Center Mondays Oct 2, 9, 16, 7-9pm

**This is an amazing opportunity to take a class designed by very experienced and knowledgeable professionals in the field for FREE to UUCP members and friends. This class combines self-defense and develops the tools to resolve conflicts before it reaches this point. "Join us in training to make our personal lives more peaceful, while maintaining our values and personal boundaries."*

Conflict is inevitable. There are people we disagree with but we can talk to, and honest communication skills can lead to resolution. There are people who are predators or parasites who want to use us, and assertiveness and firmness are our best response. There are people who may choose to use force to win against us, and a judicial use of force in return may be our best response.

We are martial artists with a social science and communication background. We look at physical and verbal self defense as part of a continuum of conflict resolution. The more communication skills we can develop, the less likely it is that we will have to resort to physical technique to defend ourselves. And the greater our confidence in physical self defense, the stronger our communication defense will be, knowing we have something to back it up.

We believe that training in both verbal and physical self defense is the best way to provide a peaceful person with the range of tools needed to resolve conflict in the broadest range of situations.

Join us in training to make our personal lives more peaceful, while maintaining our values and personal boundaries.

UUCP Buddhist Fellowship

We are a group from the Moscow, Idaho and Pullman, Washington area. We meet to meditate and discuss mindfulness and Buddhist ideas and how we might apply our practices to our lives. We are a mixture of ages, gender, and degrees of belief, but we're all lay practitioners ranging from those just interested in mindfulness, secular Buddhism, and those who are pursuing further study. We discuss topics with humor, compassion, and encouragement for each other. Each week we begin with a meditation and then discuss a mindfulness topic. All are welcome

May this group:

- Promote a safe and happy community
- Promote a curious and inquiring mind
- Promote a generous and kind heart



UUCP Retirees' Lunch—October 7

We meet on the 1st Thursday of each month at 11:30 am in the back room of The Breakfast Club, 501 S. Main, in downtown Moscow. Everyone is welcome, retired or not. Join us for good food and conversation.



Modern Celts Dance Club

Modern Celts is a club dedicated to experiencing and sharing the joy of Celtic dance, primarily Irish. We explore mostly Irish styles of dance including: Sean Nos dance, step dance, group dancing-ceili and set-dance; however we delve into other Celtic styles (such as Scottish) as well. We meet the last Saturday of each month, from 11:00 am—1:00 pm in the Church Basement. We will do beginners and group dancing from 11:00—12:00 and solo steps from 12:00—1:00.

The club is non-competitive, performing is optional. Contact Jessie Hunter for more information.

Looking for Interfaith Assistants (a.k.a. Sidekicks).

Interested in Interfaith work? Reverend Elizabeth could use some company and/or backup to join the two interfaith groups she participates in. Our Interfaith efforts are important as they help us find common ground with those of other faiths, and help us strengthen our community relationships. If interested, contact Reverend Elizabeth at revehstevens@gmail.com.

Help Wanted

Soul Matters: Suggested Spiritual Exercises

OPTION A: Step Outside Your Comfort Zone

We rarely give ordinary courage the honor it is due. On a daily basis, the threats we face are not the dramatic dangers of burning buildings but the insidious hazards of our comfort zones. This reminds us that the enemy of courage is often not fear but safety and routine. Sometimes those routines support and structure our lives; sometimes they stifle and shrink them. So this month, you are invited to pursue the practice of ordinary risk and adventure. Your instructions are simple: Pick an activity that pulls you out of your comfort zone. Here's some inspiration and guidance:

- <http://www.lifehack.org/articles/lifestyle/step-out-of-the-comfort-zone.html> or
- <http://www.lifehack.org/articles/lifestyle/how-to-move-out-of-your-comfort-zone.html>

OPTION B: Finally Say “No.”

Courage is often about bravely saying “yes,” but sometimes saying “no” is what is needed. Opening ourselves to new experiences enriches us, but putting our foot down and setting boundaries often saves us. So this month, you are invited to identify and lean into a brave “No!” Here's an article to help you on your way: <https://www.psychologytoday.com/articles/201311/the-power-no>.

OPTION C: Prop Up The Courage of Others

We all have people in our lives who inspire us with their courage. But have we ever told them? We know how important it is to have our courage noticed, so let's be sure to offer that gift to others this month. Write a letter, give a symbolic gift or treat them to lunch or coffee--whatever it is, find a way to tell someone that their bravery is seen and matters. It's said that courage is contagious. But how would one ever know that their bravery has inspired many, unless we tell them so?

OPTION D: Revisit the Pain of Your Bullied Past

October is Bullying Prevention Month. It invites us not only to notice how we can stop it, but also to reckon with the legacy of bullying in our own lives. Very few of us have escaped the hurt of being bullied or the guilt of bullying others. This exercise asks us to return to those wounds of our past.

Make time to meditate and reflect on these two videos on YouTube: “For the courage of the bullied and beautiful” and “Why I Bully”. Let the videos take you back to your own experience. Share that experience of bullying or being bullied with someone you trust, and invite them to share their own experiences. Talk through the lasting impact and what each of you have done to work through it. Identify what work is still needed. Keep in mind that it might involve looking at how bullying is still at work in your current adult life.

Soul Matters: Questions for September

As always, don't treat these questions like “homework” or a list that needs to be covered in its entirety. Instead, simply pick the one question that speaks to you most and let it lead you where you need to go. The goal is not to analyze what “welcome” means in the abstract, but to figure out what being a part of a people of welcome means for you and your daily living. So, which question is calling to you? Which one contains “your work”?

1. Is it time to bravely start trusting people again?
2. Is it time to tell someone how scared you really are?
3. Is it time to bravely admit, “I was wrong”?
4. Is safely tiptoeing around “it” making you ill?
5. Where are you saying “yes” when you need to courageously say “no”?
6. Have you mistakenly convinced yourself that courage can come without sacrifice?
7. Who says it's always courageous to never give up? How might life be calling you to bravely let it go and walk away?
8. How might your life change if you saw optimism as our time's most courageous act?

9. Has your courage been bought off by money and status? Has comfort led you to forgetting what courage feels like?
 10. Does your faith make you dangerous? Has your religion or your God become small and tame?
 11. Instead of standing up and speaking out, is courage now asking you to sit down and listen?
 12. Who in your life needs their courage affirmed and celebrated? Who needs told that their courage is contagious and helping you be more brave?
 13. What's your question? Your question may not be listed above. As always, if the above questions don't include what life is asking from you, spend the month listening to your days to hear it.
-

Bits from the Board

Your Board is hard at work. Two attainable goals were set for this year:

1. Complete review/revision of UUCP By-Laws and present to congregation for approval
2. Complete review of UUCP policies

Although Church governance relies on more than by-laws, according to the UUA, "it is in each congregation's bylaws that we find its core governance values and assumptions." The last revision of the UUCP By-Laws was in 2012. These By-Laws have been completely reviewed over the past several years. Items were found to be contrary to the way UUCP currently works; some items were felt to be either unnecessary or too detailed. In any event, after much hard work, the revision is ready to be presented to the congregation. The process for approval of the revision will be followed and is set out this way:

"These bylaws may be amended by a majority vote at any Congregational meeting of the Church. A copy of the proposed amendments shall be mailed, or personally delivered to members at least fifteen (15) days before meeting."

The Board will attempt to reach every member with copies of the proposal by email and by printed copies to be made available.

Considering the size of our congregation, the Board's role in the church should be one of directing policy. The Board must know what policies have been established. Over the years, initial stabs at collating existing policies have begun but were not completed.

A subcommittee of the Board has been tasked to review current UUCP policies. That work is beginning. By reviewing past minute of the Board, we note that several policies were suggested at Board meetings but never developed. Some policies, like the By-Laws, are out of date. The Executive Committee has been working on developing a Personnel Policy (one that was never developed) and has recently updated the Facilities Use Policy. That revised policy still needs to be adopted by the Board.

Board meetings, generally the third Monday of the month, are open meetings. Sometimes, because of conflicting schedules or other planned events, the meeting date is changed. Watch your newsletter each month or email a Board member if you want to make sure when the month's meeting will take place. We welcome you to follow our work on behalf of the entire congregation.

—Judy LaLonde

Month of Sundays—October 2017—

Our October Month of Sundays recipient will be the Boost Collaborative, Children and Family Support Services. Based out of Pullman, Boost Collaborative is a community-based non-profit organization devoted to improving the lives of individuals with disabilities and their families throughout Whitman and Latah Counties. They are dedicated to serving people with many different skills and abilities from all walks of life. Boost Collaborative works daily to provide clothing goods to the thrift store "Palouse Treasures".

Their Children and Family Support Services recognizes the importance of early intervention opportunities for infants and toddlers with developmental delays. They believe that parents know their children best, and have the strongest impact on their child's development. They help families access services such as:

- | | | | |
|--|----------------------|--------------------------|-----------------------|
| -Speech Therapy | -Special Instruction | -Physical Therapy | -Occupational Therapy |
| -Family Resource Coordination (Service Coordination) | | -Developmental Screening | |

Address: 115 NW State St, Ste 106, Pullman, WA 99163

Phone: (509) 332-4420

Living the 7th UU Principle

The World You Want Is Up to You: Robin Magnuson's Inspiration from the Save the Snake Flotilla

One Night Alongside the Salmon (*the run of the year 2,000*)



I saw wild movement against current, close by,
under full moon in fast water,
full-finned strength swimming in harmony with a
river rushing to sea, instinct running ocean to canyon,
homing upstream to ancient gravel.

Awakened by what I saw, I heard the Salmon
flowing West to the dammed Snake and Columbia, to the Pacific at the end of the rivers,
and, here, sitting at the edge of the roar of this river, in the spray of its power,
I could feel millenia of snow-melt washing over
rocks defined by moonlight.

But I saw no salmon here this night except that one remembered from dream, that one survivor
of those many wild thousands who once ran a forgiving gauntlet of bears and
other subsistence fishers, the water, fishers and fish sharing connection in
spirit and in ritual as fish sought birth-reds, to spawn there and
to die there exhausted, to rot there, and in the rot

to be one with the water that brought them home free.

Big Idaho river.

Tonight you run with all the power of your years, but within the fifty year history of my memory
your wild runs and hidden redds have been reduced to dreams by the uncaring avarice
of a men-tality constructing extinction in its claim to an irredeemable right
to diminish what is wild,
to deny what is free.

Now, wild salmon in your water are a rapidly disappearing minority,
now, most fish running here are spawned in a hatchery, fin-clipped,
herded like branded cattle through the dams downstream, and
those that return seek not clean rock in the home-pool of ancestors
but struggle instead to a catching weir, to a netting pond,

to be finger-stripped and condemned by man-handling to die as they were born--in captivity.

Big Idaho river.

Who fifty years from tonight will have memory of the time when the salmon ran free?

Who then will sleep here beside you to dream of the wildness of centuries?

Chants to Dive Deep is a musical meditation event designed to take you deep into inner space. Led by April Rubino, CDD will be offered this month on **Saturday October 21** from 4:00 - 5:30 pm in the sanctuary at UUCP. All voices are welcome, both sound and silence are appropriate. Suggested love offering: \$5-10, no one turned away for lack of funds.

Communication and Connection

Is it more comfy to stay in our polarized zones, all tribed up together as birds of one feather? To stare down 'the enemy,' those ones who we just can't make sense of, who stand in the way of the world being in a better way if only they'd do as we say? After all, our hearts are true, we've thought things carefully through, and we really do want world peace and fulfilled dreams for everyone inclusively.

And what if they do finally come round? Maybe not the whole way around but around to where we do work together and can accomplish some real progress. What if the poles are no longer so radically charged; would we miss the hype? What if we felt like our pole shifted, even flipped a little? Not that we fundamentally changed our beliefs, but that we found our beliefs absorbed a wider view and softened its edges enough to let another point of view actually affect our position.

What if we really take it to heart, that invitation to go sit with the 'other side,' suspend judgment long enough to really listen? Hold our tongue back from argument. Hold our mind back from our agendas and hear their stories, their reasoning (whatever it may be). Could we trade the gavel and pen for a pencil and eraser and create a fluid plan? After all, isn't part of what we seek is for people to come together, us too, and grow through each other and work together to make things better for the us's and the them's?

Can we recognize it when it begins to happen? Can we embrace smaller incremental changes or do we tend to insist on their full capitulation and our total vindication? How does the process surface in our own lives? Do we expect far more from our leaders, nations, committees, and those individuals who try to speak out? Is there charity in our heart even for the bozo we just can't stand? Is there hope for him if



there's no softening in our heart?

Will we sense when we begin to cease to be adversaries and begin to become partners in some sense?

Is there a new nuance we can put to the term 'polarized?' One of the definitions given in Webster's is *polarization*: division

into two opposites. We tend to focus on the stuff that's opposite. Maybe we need to focus more on the part that's "division." Divided, we reduce total capacity. Divided, we miss the mark when we attempt to communicate or to connect. Divided, we get blind-sided by our own biases. Divided is just plain contrary to the path to unity.

What if polarized could mean something else? What if it meant that one side of the pole went to the other pole side and in the process of coming together enough to get the sides together in a constructive way, they influenced each other, learned from each other, so that they became polarized in the sense of blending, rubbing off onto each other (in a good way), synthesizing into a new dynamic? Became a new magnetic force that attracted collaborative energy. Must the sparks of difference trigger disparity or can they engender a new light on the horizon like the weaving dance of an aurora brightening the dark?

Heady thoughts? Maybe. But in the ongoing effort to make that better world, to be better neighbors to those on our block and from around the globe, to engage in another election in the city or the nation, there is the constant drive to communicate and to connect meaningfully. There is the urge to move forward, and apparently, to take others along with us in our direction. It's a round globe. There isn't really an up and down when it all swims around itself. How do we want to dance?

Victoria Seever

Help Keep UUCP on NWPR!!

"Support for Northwest Public Radio comes from the Unitarian Universalist Church of the Palouse, at the corner of 2nd and Van Buren Streets in Moscow—pursuing justice, tolerance, and compassion, through spiritual growth. Sunday service is at 10:00. Online at PalouseUU.org."

Thanks to the generosity of our congregation members, these words have been spoken on Northwest Public Radio (NWPR) several times a week for the past nine years because many of you give your public radio donation directly to UUCP so that we can be an 'underwriter' of public radio.

When you support our underwriting of NWPR, your donation does double duty—it supports public radio AND helps give UUCP a stronger presence in the community. We would like to continue our radio spot announcements in 2018. To do this, we need \$1,678 designated for underwriting NWPR.

To help keep UUCP's presence on NWPR, please make a donation **payable to UUCP with NWPR in the memo line**. You can send it to the church (UUCP, PO Box 9342, Moscow, ID 83843), or put it in the collection basket. We will send out an email as soon as the goal has been met.

Thanks so much for your ongoing support!

Questions? Please contact Marti Ford at mfordmford@gmail.com

UUCP

Unitarian Universalist Church of the Palouse
PO Box 9342
Moscow, ID 83843

Return Service Requested

Mail Pledge Payments to address above

General Church Information

UUCP Phone: 208-882-4328

Office Email: uuchurch@moscow.com

Rev. Elizabeth Stevens, Minister: 208-310-5937

Judy LaLonde, Treasurer: 208-882-3556

<http://www.palouseuu.org>

☐

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If you no longer wish to receive this newsletter, please check the box above and return.

We pay the postage. Thank you.

Would you like to receive email updates from the UUCP?

☐

Sign me up for the UUCP list, which receives notices of UUCP events, activities, etc.

☐

Sign me up for the Non-UUCP list, which receives notices of events, activities, etc. not directly related to the UUCP but of likely interest to our members and friends.

My email address is: _____
(please print clearly!)

☐

Please update my email address!

New email address: _____

Old email address: _____

Please print clearly.

Place in drop box into church office, email uuchurch@moscow.com,
OR mail to UUCP, PO Box 9342, Moscow, ID 83843