



UUCP *News*

Unitarian Universalist Church of the Palouse

April
2018

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This Month's Theme: Balance

April 1, 10:00 am

The Hallelujah Response

Service Leader: Rev. Elizabeth Stevens

Celebrant: Al Poplawsky

Every Easter, we sing "Hallelujah" (or "Alleluia.") This word means, simply, to praise with reverence. Spontaneous "Hallelujahs" arise in us when we experience beauty, relief, connection, and love. However, we can choose to hallelujah any time. If we embrace more complex and nuanced experiences as worthy of praise, what gifts might emerge?

Easter Treats after Easter Service — Our High School Youth will be providing a spread of delicious treats after Easter Service this Sunday as a fundraiser for their most recent youth conference experience. Plan on having a delicious muffin, homemade bread, or decadent cookie and give a little for our amazing youth. *Note that this is in lieu of a full Easter brunch that has been done in the past.*

April 8, 10:00 am

Our Flourishing Is Mutual

Service Leader: Rev. Elizabeth Stevens

Celebrant: Peggy Jenkins

In Braiding Sweetgrass, author Robin Wall Kimmerer shares what she has learned through her studies of indigenous traditions and plant biology. The insights garnered invite us to embrace an ethic of interdependence rather than competition. If all flourishing is, by definition, mutual, how then shall we live?

April 15, 10:00 am

Love Beyond Belief

Service Leader: Rev. Dr. Thandeka

Let's explore how our faith as Unitarian Universalists gives us the fortitude, stamina, and courage to practice what we preach: love beyond belief.

April 22, 10:00 am

Earth Day

Service Leader: Rev. Elizabeth Stevens

Celebrant: Barbara Hellier

In celebration of the 48th Earth Day, we'll reflect on several exciting new strategies for protecting and loving our blue boat home. In particular, we'll be inspired by "Our Children's Trust", the group that is "Leading the game-changing, youth-driven, global climate recovery campaign to secure the legal right to a stable climate and healthy atmosphere."

April 29, 10:00 am

Youth Sunday

Each year, our high school youth lead worship and share their thoughts and insights on a topic they choose. Expect to be surprised, impressed, and inspired by our young people!



Minister's Pages



Minister's Musings: April 2018—A People of Emergence

You cannot go on indefinitely being just an ordinary, decent egg. We must be hatched or go bad.
- C.S. Lewis

When my sons were little, we found these soaps shaped like eggs. Over time, as the soap got used up, a plastic dinosaur toy would emerge. There was no way to rush the process, though lord knows, they tried. Really, the only effective strategy was frequent baths!

Meanwhile, their pre-school incubated real chicken eggs. Every day, they would come home with a report. I clearly remember how distraught my younger son was when he realized that two of the eggs would never hatch.

Both types of 'eggs' helped teach in a concrete way that change can't be forced. Transformation sometimes happens slowly, and sometimes all at once, but it can't be rushed, and neither can it be forestalled. What is true of chicken eggs and bath toys is also true of human beings.

While society touts the value of quick fixes, self-help, and magic pills, we know better. Our process of becoming unfolds gently as we live into questions that defy easy answers. Approaching others with curiosity and patience, we discover insights, people, and stories

that shift our perspective. Subtle changes in our heart or mind lead to changes in our way of being human. If we are doing it right, these changes, over time, free us to fulfill our potential.

The Soul Matters materials for this month include these words:

We've been entrusted with the wisdom that emergence is most often about breathing rather than becoming better, patience not perfection, depth not dominance; acceptance not striving, attention not constant improvement.

That part about attention instead of improvement is especially important. It's so easy to get transformation mixed up with fixing. And fixing is emergence's biggest foe. Trying to perfect or prove ourselves is the surest way to stay stuck.

As the chicks emerge from the eggs this spring (as well as the salamanders, the frogs, the caterpillars, and all the rest), let's ask ourselves: what might be hatching within us? Are we trying to hold it back? Are we trying to rush it? Do we trust the process enough to let life unfold, hatch, or emerge at its own pace, in its own way?

Special 5th Sunday Collection on April 29

Our special collection this month will benefit Whitman CASA. Whitman County CASA or Court Appointed Special Advocates is an all-volunteer team that advocates for the best interests of abused and neglected children. These children have been placed in the foster care system by no fault of their own. Once appointed to their case, the CASA volunteer provides them with a supporting voice throughout their dependency by acknowledging and speaking up for their best interests. The CASA volunteer is a party to the dependency case in court procedures and is an advocate for the child in school, with foster/bio parents, and any other area the child might need support.

CASA volunteers are people from all walks of life who step forward to make a difference in a child's life. In many instances, the CASA volunteer is the one consistent adult in the life of a child, who has already lost so much. Children with CASA representation generally spend less time in the court system, less time in foster care, and have a better chance at a safe, stable home.

Our donations to this cause will be used to provide enrichment opportunities for CAS A children who would not otherwise be able to afford to participate.

- Foster Children could have swim lessons
- Foster Children could attend summer camps, some of which are slated especially for Foster Children
- Foster Children could go bowling with their bio-parents helping to provide a more "normal" situation for visitation
- Foster Children could attend the children's matinee movie series during the summer
- Foster Children would have the opportunity to attend an Equine Wisdom Program designed specifically for them
- Foster Children and their families could have swim passes

For more information, go to www.whitmancountycasa.org.



Minister's Pages



Church Chat: Conflict Resolution and the Committee on Ministry

*Conflict avoidance is *not* the hallmark of a good relationship. On the contrary, it is a symptom of serious problems and of poor communication.*

- Harriet B. Braiker

Unitarian Universalism is a covenantal faith. This means that rather than agreeing on a certain set of beliefs (a creed), we agree to behave in particular ways. Our congregation has a detailed Covenant of Right Relations. It's available on the website and posted in the basement. It basically boils down to: treat one another with kindness and respect.

However, community is messy. Conflict is an inevitable part of any dynamic, living system. When things get difficult, we have a process to help address harmful behaviors and repair relationships.

The first step is to try to address the problem directly. Deep listening and careful speaking help people understand the dimensions of the conflict. It's important for all involved parties to take appropriate responsibility for their actions, especially those that caused harm. The goal is to extract the necessary lessons, and, as needed, provide an opportunity for folks to agree to change their behavior going forward.

Sometimes the direct approach isn't fruitful. If the

conflict is between members and doesn't involve me as the minister, directly, I'm a good resource. I'm trained in many different forms of conflict management and transformation. I have a large number of tools in my conflict toolkit, not least of which is the question: "How can we support you in being in relationship with one another in a healthier way?"

Another resource is the Committee on Ministry (COM). Sometimes, COM members are asked simply to offer a supportive presence. Sometimes, COM members can help design a mediation process. The template we start with provides a balanced approach, with clear ground rules that provide each participant the opportunity to make requests of the other(s). Current members of the COM are: Nancy Nelson, Sherry Caisley, Suzanne Seigneur, Jamal Lyksett, Chuck Harris and Steve Cooke.

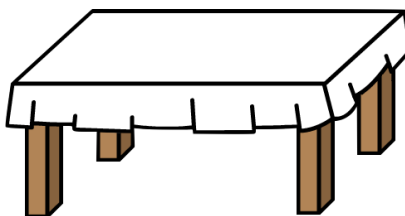
When held and handled with love and skill, conflicts can yield rich gifts. I have seen people move through their disagreements and emerge on the other side with valuable insights, greater resilience, strengthened relationships, clarified values, and improved self-awareness.

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!



In the Family

Please Hold in Your

Thoughts: Ellery Blood & family, dealing with his upcoming mobilization; and Ami Scott's sister Mary, whose car was destroyed in a fire due to a malfunction.

Condolences to: Joseph Pallen on the death of his collie Obi-One; family & friends of Bob Kearney, who passed away in March; and family & friends of Nels Peterson, who died in late March.

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



UUCP Environmental Task Force April 2018 Report

In a recent Facebook Blog, Todd Evans stated that "We now live in a time when our world, our children and grandchildren, and all living beings are asking us to make a sacrifice." He continues, "Our

planet has a tenuous prognosis, due in large part to our mindless lifestyle choices. The living systems of our planet and the future generations are merely asking that we wake up, sacrifice some simple habits that can easily be left behind, and trade them in for more mindful, harmonious and life-affirming habits. We can easily do this. And it would be pathetic if we chose not to." This indeed was a wakeup call to our environmental group and the Palouse Environmental Sustainability Coalition of which we are a part.

Several of our April programs will address this important issue. On April 11, Invertebrate Ecologist Tim Hatten will address the alarming effect that our pesticide use has on all our pollinators. Most of the food we eat depends on them. We also hope to enlist the thoughts of local restaurateur Carly Lilly on glyphosate, the main ingredient in RoundUp. She is working with the Sustainable Environment Commission to create a pesticide free buffer zone around some of our public areas. They will share alternatives for a safer environment.

Then on Sunday, April 15, Nils Peterson will lead another of his popular "Reduce Your Carbon Footprint" workshops. This will add important suggestions to the film we showed at the church on March 29;

"The Age of Consequences" investigated the impacts of climate change on the military and also the resulting climate refugees. It's assessment was by no means fatalistic, but instead a call to action on how we use and produce energy.

Several members attended the Nimiipuu Protecting the Environment Summit at the Clearwater Casino on April 7. Through that group, we have been in contact with Lindsay Layland from the United Tribes of Bristol Bay that are fighting the development of the Pebble Mine. We plan to bring their battle here to the Palouse. All of us are concerned about the potential destruction caused by the largest open pit mine in North America.

To close April and celebrate Earth Day, we are bringing young adult author Becky Elgin to Moscow to discuss her book on the journey of wolf OR-7 who left his Oregon pack in search of a mate and has since raised five families. We will be showing the film as well at the Kenworthy on Monday evening, April 23.

Colin Fletcher challenges us to "shield from the blind fury of 'progress' a work of time that is unique on the surface of our Earth." He continues "We shall be judged, you and I, by what we did or failed to do" and we invite all of you to join us at our next meeting after church on April 15 to plan ways to make sure we shall be judged by history in a positive way for our contributions. Please contact Pat Rathmann with any of your questions and to find out how you can help.

Moscow-Pullman Mindfulness Sangha

We are a group from the Moscow, Idaho and Pullman, Washington area. We meet (Tuesdays, 7:00-8:30 pm, CS) 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



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 contact Mary Jo Hamilton, 208-882-0443.

Creative Arts Eliot Camp 2018 for UUs and their Friends and Family

"Creative Arts Eliot" takes place at the beautiful Seabeck Conference Center on Hood Canal in Seabeck, Washington from Saturday, August 11 through Wednesday, August 15, 2018 and offers opportunities for UUs and friends and relatives to enjoy many wonderful aspects of a multi-generational "summer camp" experience while also pursuing an interest in one or more artistic or creative endeavors.

Talented presenters will delight and inspire during a five-day camp full of learning and fun with morning workshops in Poetry, Small Art Quilts, Paper Maskmaking, Improvisation, Photography, Painting, and Song-writing; and afternoon workshops in Theater Games, Dragon Sculpting, and Intermediate Ukulele. An additional morning program, "Active Sports," will be available for those wanting a more physical activity, with biking, hiking, kayaking all possible options based on the interests of those who sign up.

Campers choose one or two workshops to focus on while at camp, and spend the rest of their time enjoying waterfront fun, sports, games, walks, campfires, singing, UU community, worship, cards and board games, evening programs and entertainment, and numerous other planned activities including Firelight, music/talent shows/concerts, and an "Extravaganza" on the last day to celebrate the fruits of everyone's creativity.

For more information, please contact the Eliot Administrator at Eliotregistrar@gmail.com or visit our website at www.eliotinstitute.org.

UUCP Retirees' Lunch— April 5

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.



UUCP Mah Jongg Party

The April Mah Jongg party will be held at the home of Steve Flint, 4961 Lenville Road, Moscow on Sunday, April 1. Please come at 6:30 pm. Bring a snack to share and a Mah Jongg set if you have one. Please let Steve know that you plan to attend (208-882-8621; flint.stephan@gmail.com). You can also call for directions to his home. Carpooling might be a good idea as Steve's place is a ways out of town. Also, think good thoughts for good weather, as it can be muddy out there for parking.



RE Announcements

Easter Treats after Easter Service

Our High School Youth will be providing a spread of delicious treats after Easter Service on April 1 as a fundraiser for their most recent youth conference experience. Plan on having a delicious muffin, homemade bread, or decadent cookie and give a little for our amazing youth. Note that this is in lieu of a full Easter brunch that has been done in the past.

Soulful Parenting; April 11 and April 25; 5:30-7:30. Dinner and Childcare Provided.

Our parenting support group continues! Open to any and all parents who wish to connect with others and gain support from one another. Childcare and dinner is provided, we eat at 5:30 in the church basement as a group and the kids head to the Yellow House as group starts at 6:00.

Easter Sunday Canned Food Drive

Please bring cans and other non-perishable food items for our Easter Sunday Canned Food Hunt. This is in addition to our regular canned food collection, as the children delight in hunting cans rather than eggs on Easter Sunday. There will be a special basket in the foyer for this collection.

Facilities Discernment Meetings - Childcare Available April 15

There are three scheduled meetings available to discuss the facilities future of the UUCP. If you are in need of childcare in order to attend these important discussions please plan on attending the meeting that directly follows the service on April 15, 11:15, and RSVP for childcare directly to Ginger Allen. We can keep your children in the yellow house after RE that day until 1:00 so your voice and thoughts can be heard.

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 programming.

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.

~Check out the **NEW** UUCP website at palouseuu.org~

This Month in Religious Exploration—Soul Matters Theme: Perseverance

April 1st Easter Sunday

Spirit Play (ages 4-1st grade): *Feast/Egg Hunt/Work Day*. Our younger children will have a special session today allowing them to partake in our traditional Easter festivities in a way that holds them in love and support. Children will attend their regular Spirit Play class where they will have a small healthy snack and group time. They will then be the first to hunt for canned goods outside while the older class is engaged in their own activities. When they return to their classroom they will have some time for work before church is over.

Grades 2-3 and Grades 4-8: *Easter Children's Chapel*. Our elementary students will join to hear the Easter story through the lens of our UU faith and partake in decorating reusable grocery bags. The children will then hunt for canned goods with their class after the Spirit Play children are done. The grocery bags and canned goods will be donated to our local food bank, giving children a way to give back to our community.

Our Whole Lives (Middle School): 12:00-1:30 pm, Yellow House Main. No Class Due to Easter Sunday

High School Youth Group: *Treats and Canned Good Hiding*. Come at 10:00 to drop off your treat for Easter Sunday Coffee Hour (a fundraiser for CON!) and then hide canned goods for the younger children to find.

April 8

Spirit Play (ages 4-1st Grade): *"Rechenka's Eggs"* Hear the story of Rechenka's Eggs, where an elderly woman's kindness helps us understand the themes of friendship, caring, renewal and rebirth during this spring season.

Grades 2-3 and Grades 4-8 (separate classes): *"Happy Birthday Rev. William Channing!"* Today, we are going to learn about and celebrate the birthday, on April 7, 1790 of Rev. William Ellery Channing, known as the father of Unitarianism.

Our Whole Lives (Middle School): 12:00-1:30 pm, Yellow House Main. Workshop 20: Pregnancy, Parenting, and Teen Parenting

High School Youth Group: 12 noon, Yellow House Upper. Service Planning. All hands on deck for our upcoming Sunday Service planning! Meet at noon for lunch and to work on the service.

April 15

Spirit Play (ages 4-1st Grade): *Gardening Session*: We will hear a story about gardening and then have a chance to plant our own seeds for the children's garden.

Grades 2-3 and Grades 4-8 (separate classes): *Gardening Session*: Today we will work on preparing our outdoor children garden space and starting seeds inside to be later transferred to these spaces.

Our Whole Lives (Middle School): 12:00-1:30 pm, Yellow House Main. Workshop 21: Unintended Pregnancy Options

High School Youth Group: 12 noon, Yellow House Upper. Service Planning. All hands on deck for our upcoming Sunday Service planning! Meet at noon for treats and to work on the service.

April 22 Earth Day

Spirit Play (ages 4-1st Grade): *"Connection to the Earth"* Today we will hear a story that helps us understand our connection with the earth and all living things.

Grades 2-3 and Grades 4-8 (children's chapel): *Earth Day; Special Presentation from Author Beckie Elgin*. Following the three year and over 4,000 mile long journey of the famous wolf, OR-7, Beckie's book, *"Journey: The Amazing Story of OR-7, the Oregon Wolf that Made History"* seeks to both enchant readers with the amazing tale of OR-7 and educate about wolves and their history in the US. We are blessed to have Beckie with us today to help us learn more about wolves and our responsibility to support the web of life.

Our Whole Lives (Middle School): 12:00-1:30 pm, Yellow House Main. Workshop 22: Contraception and Safer Sex

High School Youth Group: 12 noon, Yellow House Upper. Service Planning. All hands on deck for our upcoming Sunday Service planning! Meet at noon for treats and to work on the service.

April 29

Spirit Play (ages 4-1st Grade): *Feast/Work Day*. Today we will build community by sharing a healthy snack and then engaging in work time.

Grades 2-3 and Grades 4-8 (separate classes): *"Emergence"* Explore our church wide theme of emergence and imagine how we are emerging as a church and as individual people throughout our lives.

Our Whole Lives (Middle School): 12:00-1:30 pm, Yellow House Main. Workshop 23: Sexual Decision Making and Workshop 24: Communicating with a Sexual Partner.

High School Youth Group: *Youth Service Sunday*. Today is the big day! Come at 9:30 to be ready for our Sunday service which begins at 10:00 am.

Living the 7th UU Principle

The World You Want Is Up to You: Nathan Foster Shares His Thoughts on Climate Change

So a patient visits his doctor with 37 complaints. He enters the triage, and to his astonishment, the doctor has already filled out the prescription. It says, "A glass of port, a hot bath, and a back rub." The patient asks, "But I have 37 complaints, and you haven't heard any of them!" He responds, "If a glass of port, a hot bath, and a back rub don't fix it, you're already dead."

This doctor had the right idea. And the situation is similar to today's world of environmentalism. We keep coming up with new "quick fixes," but the problem is fundamental, and requires understanding of the interdependent web of which we are a part. Everything is interconnected, and all we do adds up.

But if we have an understanding which is flawed, the flaws show up in our actions. Two things are held up as solutions to the problem: earth-based spirituality, and science. The problem with the latter is that the science actually is pretty basic, and science does little to address the wrong views which cause the problem. Earth-based spirituality, on its own, often does little to address the interlocking parts which contribute to our errors. If we don't understand the errors, we can't address the problems.



Here's the gist of it: people who believe in providence get what they ask for. But that doesn't mean you understand what is provided. If you go to the grocery store to buy yogurt, you may wind up healthier, but you don't necessarily

know that one of the potential contributors to this is the consumption of probiotics. You might not understand, then, why a doctor prescribes probiotics and not yogurt. So, you might go to the doctor, wind up with a probiotics recommendation, and then, believing in providence, go to the grocery store and buy a probiotic-filled yogurt, and not recognize that the two could potentially be doing the same thing.

Here's what's happening today. The doctor is prescribing lower carbon emissions. We can't seem to figure out, though, how to view the world in a way which promotes sustainability. We need to recognize that Earth's life depends on holistic ways of viewing things. Whenever we take something from the Earth, we need to pay up in a way that promotes tree-lined vistas of rain-sprinkled grasses and shrubs, birds here and there, and an occasional vermin. I don't promote any specific actions, per se, but I do believe that this attitude would bring huge benefits.

Reduce, Reuse, Recycle: a Note on Church Recycling

The church now has regular single stream curbside recycling pick-up. For many Moscow residents, it should be a very familiar process. There are bins in the church and Yellow House kitchens. Materials do not need to be sorted, but it is very important to only include the proper materials. The instructions are posted in both kitchens.

A few key points:

NO GLASS. There is a separate bin for glass in the church kitchen. We haul it to the recycling center ourselves. Empty the containers, rinse and discard the lids.

Plastic: NO LIDS. Please rinse containers and discard the lids. China has announced that they are no longer buying recycled plastic from the US. Disposables plastic water bottle are a huge component of plastic waste, use a refillable bottle. Don't drink soda from plastic bottles (better yet don't drink soda; you know why).

Cardboard Pizza boxes: YES! They are acceptable. Be sure to throw out the greasy inner liner, though.

Half & Half Cartons: Yes, they can go in the single stream containers. Be sure to rinse and the containers and discard the lids. Same for milk, juice and broth cartons.

When in doubt, leave it out!

I'm happy to answer your recycling questions.

Margaret Dibble m-dibble@hotmail.com



Help UUCP with Best Western *Seasons Restaurant* Receipts

Bring your receipt from dining at the Best Western Seasons Restaurant (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? Mary Jo Hamilton, 208-882-0443.

April 2018

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	Saturday
1 10:00 am Service 11:15 am Facilities Discernment Mtg, CS 12:00 pm Youth Groups, YH 6:30 pm Mah Jongg, members' homes <i>Easter Sunday</i> <i>Family Promise ends</i>	2 6:00 pm Grief Support Group, CS 6:00 pm Refugee Recovery, YH2 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 Moscow-Pullman Mindfulness Sangha, CS	4 4:30 pm PRDC Mtg, YHM 6:00 pm PFLAG, CB	5 11:30 am Retirees' Luncheon, The Break-fast Club 7:00 pm Choir, CS	6 7:30 pm Folk Dancing, CB	7
8 10:00 am Service 11:30 am 2nd Pullman Small Group, Interest Mtg, Rev. Elizabeth's Office 12:00 pm Youth Groups, YH 12:00 pm OWL Parent Group, CS 12:00 pm Green Sanctuary Comm Mtg, CB	9 10:30 am Exec. Comm Mtg, CB 6:00 pm Refugee Recovery, YH2 7:30 pm PPQ, CB	10 7:00 pm Bridge Grp II, CB 7:00 pm Moscow-Pullman Mindfulness Sangha, CS	11 5:30 pm Parent Support Group, CB & YH & 1912 Ctr 6:00 pm Pollinator Wkshp, CS	12 4:00 pm LCHRTF, CB 7:00 pm Choir, CS 7:00 pm Palouse Prairie Foundation Board Mtg, YHM	13 6:00 pm Service Auction, CS & CB & YH	14
15 10:00 am Service 11:15 am Facilities Discernment Mtg, CS 11:30 am Worship Comm Mtg, Rev. Elizabeth's Office 12:00 pm Youth Groups, YH 12:00 pm Env. Task Force, CB 2:30 pm "Race in the Age of Trump", 1912 Center	16 6:00 pm Refugee Recovery, YH2 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 Moscow-Pullman Mindfulness Sangha, CS	18 6:30 pm Board Mtg, CS	19 7:00 pm Choir, CS	20 7:30 pm Folk Dancing, CB	21 4:00 pm Chants to Dive Deep, CS
22 10:00 am Service 11:30 am SGM Facilitators' Mtg, Ginger Allen's office 12:00 pm Youth Groups, YH <i>Earth Day</i>	23 6:00 pm Refugee Recovery, YH2 7:30 pm PPQ, CB	24 7:00 pm Bridge Grp II, CB 7:00 pm Moscow-Pullman Mindfulness Sangha, CS	25 5:30 pm Parent Support Group, CB & CS & YH	26 7:00 pm Choir, CS	27 7:30 pm Folk Dancing, CB	28
29 10:00 am Service 12:00 pm Youth Groups 12:00 OWL Parent Group, CS	30 6:00 pm Refugee Recovery, YH2 7:30 pm PPQ, CB					

April Events

Sunday April 1

Facilities Discernment Mtg, 11:15 am, CS
Mah Jongg, 6:30 pm, members' homes

Monday April 2

Grief Support Group, 6:00 pm, CS

Tuesday April 3

Wholly Crones, 1:30 pm, Good Sam Micky Lounge

Wednesday April 4

Paradise Ridge Defense Coal. Mtg, 4:30 pm, YHM
PFLAG, 6:00 pm, CB

Thursday April 5

Retirees' Luncheon, 11:30 am, The Breakfast Club

Sunday April 6

Green Sanctuary Mtg, 11:45 am, CB
OWL Parent Group, 12:00 pm, CS

Monday April 9

Executive Committee Mtg, 10:30 am, CB

Wednesday April 11

Parent Support Group, 5:30 pm, CB & YH & 1912 Center
Pollinator Workshop, 6:00 pm, CS

Thursday April 12

Latah Co. Human Rts Task Force, 4:00 pm, CB
Palouse Prairie Found. Board Mtg, 7:00 pm, YHM

Friday April 13

Service Auction, 6:00 pm, CS & CB & YH

Sunday April 15

Facilities Discernment Mtg, 11:15 am, CS
Worship Committee Mtg, 11:30 am, Rev. Elizabeth's office
Environmental Task Force Mtg, 12:00 pm, CB
"Race in the Age of Trump", 2:30 pm, 1912 Center

Tuesday April 17

Wholly Crones, 1:30 pm, Good Sam Micky Lounge

Wednesday April 18

Board Mtg, 6:30 pm, CS

Saturday April 21

Chants to Dive Deep, 4:00 pm, CS

Sunday April 22

Earth Day
Small Group Ministry Facilitators' Mtg, 11:30 am,
Ginger Allen's office

Wednesday April 25

Parent Support Group, 5:30 pm, CB & CS & YH

Sunday April 29

OWL Parent Group, 12:00 pm, CS

Dates to Remember— Mark Your Calendars!

Mondays:

Refuge Recovery, 6:00 pm, YHM
Purple Paisley Quilters, 7:30 pm, CB

Tuesdays:

Bridge Group II, 7:00 pm, CB
Moscow-Pullman Mindfulness Sangha, 7:00 pm, CS

Thursdays:

Choir, 7:00 pm, CS

Fridays:

Folk Dancing, 7:30 pm, CB

Sundays:

Service, 10:00 am, CS
Youth Groups, 12:00 noon, YH

UUCP Staff Information

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Phone: 208-310-5937

Email: revestevens@gmail.com

Mondays 3:30-5:00 at UUCP

Wednesdays 3:30-5:00 pm at Cafe Artista (Moscow)

Thursdays 3:30-5:00 pm at Cafe Moro (Pullman)

Also by appointment

Ginger Allen,

Director of Lifespan Religious Exploration

Phone: 208-882-4328

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Office Hours:

Monday, Wednesday, & Friday 9:00-12:00

And by appointment

Summer Stevens, Administrative Secretary

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Tuesday & Thursday 1:30-3:30 pm

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2018 UUCP Board

Joe Pallen, **President**

Mary Ellen Radziemski, **Vice President**

Ryan Urie, **Recording Secretary**

Judy LaLonde, **Treasurer (Ex-Officio)**

Mary DuPree

Gene Siple

Charla Willis

Marisa Gibler

Dan Schmidt

Lynna Stewart

2018 Pacific Western Regional Assembly April 27-29, Portland, Oregon.

Plan to join attendees from 185 PWR congregations as the four districts of the Pacific Western Region convene in Portland, Oregon, April 27-29, for the 2018 Regional Assembly. Three dynamic speakers will address the theme, *Stories of Hope, Courage, Resistance, and Resilience*. The Rev. Dr. William Barber, a national figure in civil rights activism, will be in the pulpit for Sunday's worship service. Saturday's keynote speaker will be Congress-



woman Pramila Jayapal, the first Indian-American woman to be elected to U.S. Congress. Jayapal has spent the last twenty years working internationally and domestically as a leading advocate for women's, immigrant, civil, and human rights. The Rev. Susan Frederick-Gray, UUA president, will speak at Friday evening's opening ceremony. Frederick-Gray will share her emerging vision for the future of the UUA and the wider movement.

Several workshops will be offered during Saturday's programming. If you prefer, you may opt to participate in a local social justice activity. Full details about workshops and the social justice activity will soon be posted on the Pacific Western Region website (www.uua.org/pwr).

All four districts of the Pacific Western Region will hold concurrent annual meetings on Saturday afternoon. Meeting materials and delegate information will be distributed in February/March.

If you are a minister, religious educator, or music director you will want to attend the day-long Professional Day activities on Friday, April 27. Rev. Erika Hewitt, UUA staff Minister of Worship Arts, and Dr. Glen Thomas Rideout, Director of Worship and Music at the First Unitarian Universalist Congregation of Ann Arbor, will be presenting a workshop for religious professionals on multi-generational, multicultural worship. In addition, the Revs. Elizabeth Stevens, Emily Brault, and Susan Maginn will be presenting "From Burden to Blessing: Working with Secondary Trauma" for community-based ministers. Professional Day programming will be held at First Unitarian Church of Portland prior to the start of Regional Assembly. Registration for Friday's Professional Day will be available via the Regional Assembly registration form.

Regional Assembly registration will be open by January 4. You will be able to access full details and the registration form through the Pacific Western Region website (www.uua.org/pwr).

The Portland DoubleTree by Hilton Hotel, site of the Regional Assembly, is offering discounted room rates through March 29. You can reserve your room here. If you book through another link or by phone, be sure to use the group code, UU8. Full details are posted on the PWR website.

PWR staff is working hard to keep registration costs low. An Early Bird adult registration fee will be available through January 31 and fees for young adults, youth, and children will be discounted. Still, could your congregation consider either subsidizing or fully funding the costs for at least one person to attend Regional Assembly? What a great opportunity for someone identified as a potential leader in your congregation!

Be sure to check the PWR website (www.uua.org/pwr) after the first of the year for full Regional Assembly details.

The Green Sanctuary

On March 20 the sun came over the hills at 7:07am at the Cordelia Church outside Moscow. A group of 19 hardy UU's gathered in the cold but sunny morning to celebrate the Vernal Equinox. Thank you's go to Tom Woodrum for leading the service and to Alice Woodrum for playing the historic organ. See the UUCP Facebook page for pictures.

In April the Green Sanctuary Committee will be helping organize the Earth Day service on April 22. As part of the Earth Day celebration, we are holding our annual Walk, Bike or Car Pool to church Sunday. We'll have stickers for participants and cookies for all. So, plan to Walk, Bike or Car Pool to church April 22.

March 22 was World Water Day. It's not too late to acknowledge the importance of water and water conservation - install a low flow toilet today. The City of Moscow offers rebates for installing low flow toilets and replacing irrigated lawn. They also give away water conservation devices: trigger nozzles for garden hoses, low flow shower heads and faucet aerators. Check out their website at www.ci.moscow.id.us.

Soul Matters: Suggested Spiritual Exercises

Option A: Notice Your No's & Let Some Yes's Loose

Ok, let's admit it: we say "no" more often than we can count - or more often than we are aware. It's our default mode. We are so good at coming up with reasons to say no: There's not enough time. It's too risky. You've got to prioritize. You've got to be realistic. Adults know how to delay gratification. I've been burnt before.

These No's keep us safe. That's important and needs affirmed. But it's also true that many of our knee-jerk No's cut us off from new life, like that well-meaning lawn spray that kills the weeds but eliminates the wildflowers as well. Or to use an Easter metaphor: often, with our No's, we roll the stone in front of our own tombs.

So this month, to honor spring's celebration of wildflowers and Easter's call to roll away the stone, you are invited to let some Yes's loose and see what kind of new life emerges. Here are your instructions put as simply as possible: try to say Yes as often as you can!

Option B: Emerge from the Tomb of Worry

When it comes to the tombs that keep us trapped, worry tops the list for many of us. The tragedy is that many of those worries are imagined. In other words, we are the creators of worry, not just victims of it. And to the degree we contribute, we can also escape and free ourselves. If worry and anxiety is what you are wrestling with, then here's your exercise this month: identify your imagined worry and work with one strategy to address it.

Option C: A Week's Worth of Poetry

DAY ONE: "Last Night" by Antonio Machado, <https://allpoetry.com/Last-Night-As-I-Was-Sleeping>

DAY TWO: "Those Who Don't Feel This Love" by Jallaludin Rumi, https://www.openhandweb.org/those_who_dont_feel_this_love_rumi

DAY THREE: "Die Slowly (Lentamente Muore)" by Pablo Neruda, <http://eternoretorno.blogspot.com/2005/06/pablo-neruda-die-slowly.html>

DAY FOUR: "There is No Going Back" by Wendell Berry, <https://davesikkema.wordpress.com/2013/09/14/no-going-back/>

DAY FIVE: "I know. I try to avoid it too" by Amy Lloyd (email revehstevens@gmail.com for a copy)

DAY SIX: "Song of the Shattering Vessels" by Peter Cole, <https://www.poetryfoundation.org/poetrymagazine/poems/56233/song-of-the-shattering-vessels>

DAY SEVEN: "Open-Hearted Beauty" by Ahlaam Lala Abduljalil, <https://www.youtube.com/watch?v=UgwzHkkPZbw>

Soul Matters: Questions for April

Your Question

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

1. Is that broken thing you keep trying to put back together keeping you from the beautiful thing that is waiting to be built?
2. Is one well-crafted and comfortable life what you really want? Was there a time when you planned on experiencing many lives in this one lifetime you've been given?
3. Have you taken the time to mourn and give thanks for your old life? Have you rushed too quickly into the excitement of your new journey? Even if it was time to leave it, your old life gave you great gifts (even if they were laced with pain). Have you taken time to say goodbye and thank you?
4. Is your armor in your way?
5. Have you been sitting and simmering in stress for so long that it now feels normal? Is it time for you, like the proverbial frog in boiling water, to notice that a boiling pot is no place to live?
6. Has worry become your tomb?
7. It's said that we don't fear change, but the loss and letting go that comes with change? You do know what you need to let go of, right? But do you know why you are holding on so

Continued on next page

Month of Sundays—April 2018

Our Month of Sundays recipient for April will be Family Promise of the Palouse.

Family Promise's mission is to build communities and strengthen lives. It is a nonprofit interfaith organization that offers a hospitality network to provide immediate shelter to homeless families in our community while helping people to achieve lasting independence. The partnership of faith communities provides shelter and meals for families and their children as well as access to a day center that offers laundry, computer, and other facilities and offers various services such as parenting classes, counseling, and help with

obtaining employment and a permanent home.

UUCP has been an active member in Palouse Family Promise since its inception in 2012. We provide shelter for families for a week four times a year. We also have provided funds to FP for additional services through the day center. Members of our church have provided meals and other services to our guest families, along with friendly and caring support and friendship. It has been a meaningful experience for our families to participate in this kind of social action.

For more information, visit the website <https://www.familypromisepalouse.org/>

PPQ News

There will not be a PPQ News this month. We have finished our last commission quilt for Kate Beasley, and are not ready to start our next hand quilting project, so we have been taking a bit of a holiday, spending our Monday evenings chatting, knitting, working on personal projects and in general enjoying each other's company. I'm sure all this leisure time will end soon, but we are enjoying it while it lasts.

— Mary Jo Hamilton



UUCP Upcoming Family Promise Weeks at The Yellow House:

Sunday June 24—Sunday July 1

Sunday July 1—Sunday July 8

Sunday September 16—Sunday September 23

Sunday September 23-Sunday September 30

(Guests will stay in the Yellow House, but hosting duties will be covered by two LDS Wards)



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.

Continued from previous page

Soul Matters: Questions for April

- tightly?
8. Are you tired of being told that you need to emerge into something entirely new, and better? Are you looking for people (and a religion) that welcomes you as you are? That says, "Come as you are and be blessed"?
 9. Are you moving on or running away?
 10. They say we heal only to the degree we look at our role in the pain of our past. Are your wounds still open because you continue to turn a blind eye about your part in things?
 11. Are you the one who needs to be more gentle with yourself? Is it time to forgive yourself for the mistakes that were made in the past?
 12. Is it possible that emergence from pain requires you figuring out its gift? Is it possible that instead of asking, "How do I escape?" you need to first ask "What is Life trying to get me to see?"
 13. Instead of feeling punished or wronged, what if you choose to see your current mess as Life telling you, "It's time to reboot!"
 14. Is regret over what could have been preventing you from fully leaning into what's being offered?
 15. What if we become beautiful only by helping others find their beauty?
 16. What if we become free only by helping others find their freedom?
 17. Who is behind your mask, longing to come out and be seen?
 18. What if Life isn't trying to get us to transform into something new or better? What if it simply wants us to emerge into the awareness that we are already enough?
 19. Ralph Waldo Emerson said we need to be careful about what we worship because "what we are worshipping we are becoming." When was the last time you asked, "What am I really worshipping?"
 20. Are you in the way of someone's emergence?
 21. 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.

Notes from the Board – by Mary DuPree

When you think about our church facilities, say ten years from now, what do you envision? Do we stay the same? Make relatively small changes to make our programs more accessible? Make more extensive changes to accommodate growth, even build an entirely new facility? These are the choices that are presented to us by the UUCP's Facilities Taskforce.

Please acquaint yourself with the three plans (Alternatives 2-4) that involve significant capital investment on the part of the congregation. These are posted on easels in the Friendship Hall. Alternative 1 is to maintain the status quo, but with the understanding that we face significant maintenance and replacement issues in both buildings in the near future.

Over the next month or so, there will be three (and if necessary, a fourth) meetings to discuss the four options defined by the Taskforce and decide on our preferences. The Board has charged three of us—Diane Pro-rak, Chuck Harris, and Mary DuPree—with leading this discernment process. It is our hope that members of the congregation will thoughtfully consider twelve criteria that will help each of us arrive at a preference that will best meet the needs of the congregation as a whole.

We have created a survey that will help guide us through these criteria in preparation for the general discussion at the meetings, and it has been sent to everyone via e-mail. There are also copies in the lobby, and they will be available at the meetings as well. Please bring your filled-out survey to the meeting you attend. If you are unable to be present at any of the meetings, you can still fill out the survey and leave it in the labeled box in the lobby, and you are certainly welcome to speak with Diana, Chuck, or Mary.

Once the congregation has established its ranking of preferences among the four options, the Board will determine next steps, including the possibility of enlisting the aid of experts on capital campaigns from the national UU organization.

Social Justice Update

On March 24th people all over the nation and the world marched and rallied as part of the March for Our Lives led by young people. Over a thousand gathered in East City Park to listen to a variety of speakers on the important issue of gun safety. I want to congratulate the high school students who organized the event and all the speakers who did a great job. Several were members of our church, including Rev Elizabeth.

People are marching and speaking up across our country demanding changes. Unitarian Universalists are part of these movements to bring change and social justice to America. There seem to be so many social justice issues demanding out attention: racial and gender inequalities; economic inequalities; police brutality; poverty and hunger; environment justice and many more.

It is hard not to get overwhelmed with all that is going on. It is hard not to focus on the negative, and just shut down. But, looking at the upcoming generation and their activism gives me hope that change is possible. We can continue to make progress, but we need to stay involved. The key is to look at the energy and hope that is in the world. Pick one issue that you are passionate about and focus on that. As individuals we do not need to try to fix everything, but take the steps that we can. Be aware of other issues and what is happening and tackle those that seem most urgent to you. Help where you can and attend events when possible. As UUs social justice is important to our faith,

and becoming as active as possible is part of that faith.

I personally believe that we are about to turn a corner in social justice and make real strides again. While things seem dark, it is always darkest before the dawn. Also, we need to recognize and use our privilege (whatever type it may be) to further social justice and be allies to those who are more vulnerable. Find hope in the activism of the young people over this last month; find passion in doing what is right, and live your UU faith. Little actions and small steps add up and help, so I hope that members of our congregation never feel that because they can only do a small amount, that it is not a valuable contribution.

Upcoming events on the Palouse include a showing of the movie "Food Chains", a documentary on the conditions of farm workers, on April 10. The movie is sponsored by the Moscow Human Rights Commission, the Moscow Food Coop, and the UI Office of Multicultural Affairs. Speakers after the movie will be David Granatsein, WSU Ag Extension Agent and Victor Canales, UI CAMP Recruiter. Moscow is holding meetings and forming group to look at food insecurity on the Palouse. If you are interested in becoming involved, please contact me for more information. Also, mark your calendars for September 22, 2018 for the next Finding the Center Action oriented Human Rights Conference. This important conference provides hands on activities related to Social Justice.

—Ken Faunce

Refuge Recovery, Mondays 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 6:00 pm in the Yellow House.

Communication and Connection

Like an impressionistic art piece: fire, water, glass. The Prichard Art Gallery is hosting a striking exhibit on wildfires called Facing the Inferno by photographer Kari Greer. Best picture went to The Shape of Water. Artist Melissa Cole will be installing her large mosaic glass mural at the Public Library this summer and she conducted community workshops to prepare pieces for it. Fire. Water. Glass. And light.



for utility and beauty. At the least, all things have more than one side.

The things, events, and people who are a challenge to cope with are a fiery crucible by which we expand our skill and depth.

Blood is only slightly thicker than water and

All three significantly engaged light. The fire was not overwhelmed by obscuring smoke; it blazes intensely bright. Light, especially in the opening and closing scenes of the movie, shimmers against what could have been murky darkness without it. Sun rays will bring mosaic tiles shinningly alive with glass flowers and pollinators. Fire. Water. Glass.

Many sacred places have an affinity for these three elements. Candle-lit altars, chalice, a burning heart. Baptism, absolution, a rainbow. Stained-glass windows, glass crystal ball, not throwing stones at glass houses. Cultural icons use these three elements. Lady Liberty's torch, lands from sea to shining sea, breaking the glass ceiling. Nature in all her bounty has myriads of these three elements, such as fireflies, oases, the glassy surface of a calm lake.

What are the connections we might make of images of fire, water, and glass? Raging forest fires that can sterilize soil more often don't go that far but do alter landscapes to open up meadows, cone-bursting seeds, and animal habitats. Raging floods are far less frequent than life-giving rains and snow packs or a dance on leaves. Glass that can shatter and cut is glass made

blood is mostly similar in all of us, and after all, all our bodies are primarily water anyway. If we would know one another, look also in the mirror. Fire. Water. Glass. Friend or foe can be made of anything; it depends on how you approach the other side. It pays not to judge too quickly lest someone gets burned, drowns in their sorrows, or is contorted in a hall of distorted mirrors.

What do the metaphors tell us? There's more fire beneath the flame where stories fuel passions in a crowd different than ours or ours—everyone has a history. We can flood a room with rhetoric or we can wash the slate clear to listen fresh and speak anew. We can use a lens to see more than mere eyes perceive; to read the window to the soul, it helps to learn the nuances of interpretation. Vision is born of baggage and dreams. Fire. Water. Glass.

And light—that interplay of shadow and light by which the flaming sun warms the rivers of our life’s journeys where we fill and share a glass with compassion and harmony. The myths that fire is evil, non-human life forms have no inherent worth, or only an artist can make art neglects the value of community where we all intertwined. Reality is a mosaic connected by grout. We are tiles and we are grout. Fire, water, glass. And light.

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 April 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.

~Check out the **NEW** UUCP website at palouseuu.org~

UUCP

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Mail Pledge Payments to address above

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<http://www.palouseuu.org>

☐

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☐

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